


California
After School
Resource Center

See, Think, and Act! Anaphylaxis (Severe Allergies)

California After School Resource Center
(CASRC)

Administered for the California Department of Education
(C.D.E.)

Hello. My name is Robyn Sakamoto. Welcome to the anaphylaxis training. This training will take approximately 30 minutes to complete. Let's get started!



Training Objectives

- Identify signs and symptoms of anaphylaxis.
- Respond to students experiencing anaphylaxis.
- Use Anaphylaxis Health Care Plans to provide care for students with severe allergies.

I'd like to start this training by reviewing the training objectives. By the end of the training, you will be able to identify the signs and symptoms of anaphylaxis, respond appropriately to students experiencing anaphylaxis, and use Anaphylaxis Health Care Plans to provide care for students with severe allergies.

What is Anaphylaxis?

- Anaphylaxis is a severe allergic reaction.
- Symptoms involve more than one body system.
- Anaphylaxis is caused by allergies to food, insect stings or bites, medications, and substances like latex or rubber.



Anaphylaxis is a severe allergic reaction that involves the whole body and is potentially life-threatening. Generally, symptoms develop within minutes to two hours. Usually more than one body system is involved. Anaphylaxis is caused by a number of things, including allergies to food, insect stings or bites, medications, and substances like latex or rubber.



Health Care Plan

The Health Care Plan should include:

- Emergency contact information.
- A list of student allergies.
- Student symptoms of an allergic response.
- The level of assistance required by the student.
- The student's ability to self-administer an EpiPen.
- A list of emergency supplies.
- An emergency plan of action.



All students at risk for anaphylaxis should have a Health Care Plan. You should expect this plan to include emergency contact information, a list of student allergies and symptoms of an allergic response, the student's need for assistance and/or ability to perform self-care, the student's ability to self-administer an EpiPen, anaphylaxis emergency supplies that are provided by the parent and where they are stored, and an emergency plan of action to manage allergic reactions. A sample Health Care Plan is provided at the end of this training.


Emergency Plan of Action

An emergency plan of action should include:

- Student symptoms of an allergic response.
- The medication name, dose, and storage information.
- The route of medication administration--oral or injectable.
- The location of emergency medications.
- The role of staff in responding to an emergency situation.



The emergency plan of action should include what symptoms to look for--some of the early warning signs that a reaction is occurring. It should also include a list of student medications, medication dosage and storage information, and route of medication administration, for example, oral (by mouth) or injectable (by giving a shot). This vital information should be provided by the parents in writing from the child's doctor. The plan should also include information about where emergency medications are kept at your program, as well as the role of staff in responding to an emergency situation. Staff roles may include getting supplies, calling 9-1-1, and calling the student's parents. Identify how often your staff will practice which actions to take in case of a situation involving anaphylaxis.



Recognize, Assist the Child, Get Help

Recognize:

- Causes of allergic reactions.
- Symptoms of anaphylaxis.

Assist the Child:

- Plan responses to anaphylaxis.
- Provide medication and support as needed.

Get Help:

- Access health resources.

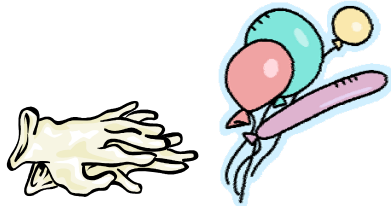
How can you best help the child experiencing anaphylaxis in your program?
You can learn to recognize the causes and symptoms of allergic reactions.
You can plan responses to anaphylaxis and help the child with medication.
And you can get help by accessing health resources for children experiencing anaphylaxis.

Recognize: Allergic Reactions

Foods



Insect stings or bites



Latex or Rubber











Medications

Remember, anaphylaxis may be caused by allergies to food, insect stings or bites, medications, and substances like latex or rubber.

Recognize: Foods

These eight foods account for 90% of food allergies:

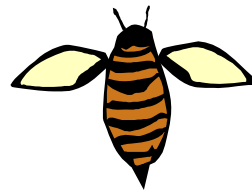
- Milk 
- Eggs 
- Peanuts 
- Tree nuts 
- Fish 
- Shellfish 
- Soy 
- Wheat 

Eight foods are the cause of ninety percent of food allergies. They include milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat. The most important way to prevent allergic reactions and anaphylaxis is avoidance. For some children, even if products with peanuts, wheat, eggs, etcetera are in the room, inhalation may cause anaphylaxis. Therefore, it is very important to work with the family and staff to provide reasonable accommodations, and ensure that all students are able to participate in activities and events.



Recognize: Insect Stings or Bites

- Symptoms usually occur within minutes.
- Symptoms include:
 - Swelling at the site of the sting or bite.
 - Hives, difficulty breathing, and shock.



Symptoms usually occur within minutes of an insect sting or bite. Reactions can vary from mild to life-threatening; from local, such as swelling at the site of a sting or bite, to systemic or full-body, which might include such symptoms as hives, difficulty breathing, and shock.

Recognize: Latex or Rubber

Items in the classroom that may contain latex (rubber) include:

- Gloves.
- Pencil erasers.
- Balloons.
- Toys.



Some students have latex allergies. Items in the classroom that may contain latex or rubber include gloves, pencil erasers, balloons, and toys such as rubber balls. It is important to use non-latex gloves and provide non-latex alternatives in your program, if you have a student who has a latex or rubber allergy.

Recognize: Medications

Some common medications that students may be allergic to include:

- Penicillin.
- Cephalosporin.
- Aspirin.
- Ibuprofen.




Some students may bring a prescription medication to school. Some common medications that students may be allergic to include penicillin, cephalosporin, aspirin, and ibuprofen. If a student takes medication and begins to show symptoms of an allergic reaction, you should be prepared to respond. Let's take a look at what symptoms might appear during an allergic reaction.

Recognize: Symptoms of Anaphylaxis

- Symptoms can develop rapidly.
- Early symptoms are often related to the skin:
 - Flushing
 - Itching
 - Hives
 - Swelling of the head and neck



The Health Care Plan will list the specific symptoms to look for in the student during an allergic reaction. Symptoms of anaphylaxis can develop rapidly, within seconds or minutes, after exposure to an allergen--a substance which causes an allergic reaction. The early symptoms of anaphylaxis are often related to the skin. These symptoms include flushing of the skin, characterized by warmth and redness of the skin, itching, hives, and swelling of the head and neck.



Recognize: Additional Symptoms of Anaphylaxis

- Vomiting, diarrhea, and stomach cramps
- Runny nose, sneezing, wheezing, or coughing
- Tingling, itching, or swelling of the mouth
- Difficulty swallowing or breathing
- Anxiety
- Drop in blood pressure or loss of consciousness

Some additional symptoms of anaphylaxis include gastrointestinal symptoms, such as vomiting, diarrhea, and stomach cramps and respiratory symptoms such as a runny nose, sneezing, wheezing, coughing, a tingling, itching, or swelling of the mouth, and difficulty with swallowing or breathing. In addition, the child experiencing anaphylaxis may be anxious and have a rapid, irregular pulse. In some cases, the child may experience a drop in blood pressure, lightheadedness, or even a loss of consciousness.



Introducing Amanda

Amanda is allergic to bees. She has a Health Care Plan on file. She is playing with classmates near some flowers when she begins screaming. You rush over and see that her finger has started to swell. She says that she was stung by a bee.

What do you recognize?



Now, let's talk about a student in your program. Amanda is allergic to bees. She has a Health Care Plan on file. She is playing with classmates near some flowers when she begins screaming. You rush over and see that her finger has started to swell. She says that she was stung by a bee. What do you recognize?

What Do You Recognize?

You recognized possible signs of an allergic reaction:

- Amanda's finger has started to swell.



You recognized swelling on Amanda's finger. You suspect that Amanda is having an allergic reaction to the bee sting. Now, let's move on to see how you could assist Amanda during this type of situation.

Assist the Child

- Plan responses to anaphylaxis.
- Provide medication (as indicated in the Health Care Plan).
- Support the child as needed.



In order to assist the child having an anaphylactic reaction, you need to plan responses to anaphylaxis, provide medications as indicated in the Health Care Plan, and support the child as needed.



Assist the Child: Review the Health Care Plan

The Health Care Plan should include:


- A list of student symptoms to an allergic reaction.
- Medication dose, route of administration, and storage information.
- The role of staff in supporting the student and calling emergency contacts.

The key steps for managing an anaphylactic reaction should be outlined in the Health Care Plan. Remember that this plan will list student symptoms of an allergic reaction and medication dose, route of administration, such as by mouth or by injection, and storage information. The plan should be signed by a physician so that schools and providers can administer medications. The role of staff in supporting the student and calling emergency contacts, such as parents and 9-1-1, should be included in this plan as well.



Assist the Child: Medications

- Know what medications are needed:
 - EpiPen
 - Asthma medications
 - Antihistamines
 - Steroids
- Know which medications to use for specific symptoms of an allergic reaction.
- Reference the Health Care Plan.



Make sure to read the medication labels carefully so that you know you are giving the right medication to the right child.

Early recognition of symptoms is critical, and the quick administration of medications is essential to preventing the reaction from getting out of control or becoming life-threatening. Medications that may be used during an anaphylactic reaction include the medication in an EpiPen, asthma medications, antihistamines, and steroids. The Health Care Plan should provide information on which symptoms can be treated with antihistamines alone, and which should be treated with an EpiPen or other medications.

Assist the Child: EpiPen



An EpiPen:

- Can be carried by the student.
- Can open airways for about 15 minutes.
- Is administered by injection.

Many students with anaphylaxis carry an EpiPen with them at all times. An EpiPen provides a single dose of epinephrine that will open the airways for about 15 minutes and allow the student to breathe. Students may self-administer EpiPen when they realize they've been exposed to an allergen that causes anaphylaxis. If the student is unable to self-administer, get someone who has been trained to give an EpiPen injection. Once epinephrine is administered, call 9-1-1 even if the student's symptoms have subsided, so they can be transported to a hospital for follow-up by a health care professional.

Following EpiPen Administration

- Call 9-1-1, tell them the child is having an allergic reaction and that the EpiPen was administered.
- Stay with the child until paramedics arrive.
- Call the parents/guardians.
- If needed, accompany the child to the hospital with the emergency card.
- Remain with the child until a parent/guardian arrives.

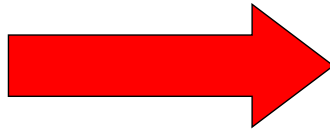


Following EpiPen administration, you should call 9-1-1 and inform them the child is having an anaphylactic reaction and that the EpiPen was administered. Stay with the child until paramedics arrive, and call the parents. If the parents are unavailable, a staff member will accompany the child to the hospital with the emergency card and remain with the child until a parent arrives.

What Can You Do to Assist Amanda?

Amanda, the girl who was stung by a bee during your program, is now developing hives rapidly and says she feels a tingling in her throat.

What can you do to assist Amanda?



Amanda, the girl who was stung by a bee during your program, is now developing hives rapidly and says she feels a tingling in her throat. What can you do to assist Amanda?



Summary: Recognize, Assist the Child, and Get Help

Recognize:

- Recognize Amanda’s symptoms of anaphylaxis.
 - Swelling, hives, and tingling in her throat


Assist the Child:

- Follow the Health Care Plan.
- Give Amanda her EpiPen from her backpack.
- Observe Amanda or a trained staff member administer the EpiPen.

Get Help:

- Call 9-1-1 and her parents.

You’ve already recognized Amanda’s symptoms of anaphylaxis. Now, you can assist Amanda by following the Health Care Plan, getting Amanda’s supplies, and making sure someone trained is available to administer EpiPen if you or Amanda are not able to. Finally, you would call 9-1-1 and Amanda’s parents. Following these procedures for assisting Amanda would ensure the best outcomes. Good job!



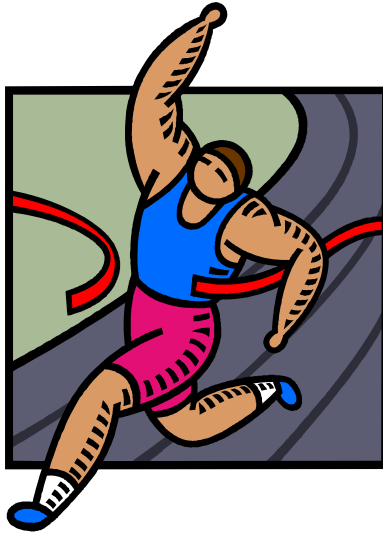
Summary of Objectives

- Identify signs and symptoms of anaphylaxis.
- Respond to students experiencing anaphylaxis.
- Use Anaphylaxis Health Care Plans to provide care for students with severe allergies.

Today, we learned to identify the signs and symptoms of anaphylaxis, respond appropriately to students experiencing anaphylaxis, and use Anaphylaxis Health Care Plans to provide care for students with severe allergies. This completes our discussion of anaphylaxis.



Congratulations!



Congratulations! You have reached the end of the training. You will now have the opportunity to take a quiz to test the knowledge you have acquired in this training. If you receive a passing score, a completion certificate will be e-mailed to you at the e-mail address you provided. If you don't receive a passing score, you will have an opportunity to take the test again at any time. Following the quiz, you will be asked to complete a brief feedback survey. After you complete the survey, you will be able to access sample CASRC library resources and additional information about anaphylaxis and the care of children with anaphylaxis. You may start the quiz by selecting the quiz link. Thank you for your participation.