



Scarborough College

ANAPHYLAXIS POLICY

This is a whole College policy, including EYFS and the boarding community.

This policy has been written in line with information provided by the Anaphylaxis.Org.UK, and supporting pupils in school with Medical Conditions 2015. Scarborough College recognises that allergies are becoming an increasingly common condition affecting children and we welcome all children with allergies to the school. We aim to support children in all aspects of school life and encourage them to achieve their full potential.

What is Anaphylaxis

Anaphylaxis is an acute, extreme and severe allergic reaction to an antigen which the body has become hyper-sensitive to. It requires immediate medical attention. It usually occurs within seconds or minutes of exposure to a certain food or substance, but on rare occasions may happen after a few hours.

Common triggers include nuts, milk, fish, shellfish, dairy, crustaceans, mustard, and wheat, including cereals, sesame seeds, soya, sulphite, aspirin, penicillin, rubber, latex and exercise.

Signs and Symptoms of Anaphylaxis

Generalised flushing of the skin

- Swelling of skin, (known as angioedema) anywhere in the body
- Nettle rash (hives) anywhere on the body
- Sense of impending doom
- Swelling of the mouth and throat
- Difficulty in swallowing or speaking
- Alterations in heart rate
- Severe asthma
- Abdominal pain, nausea and or vomiting
- Sudden feeling of weakness – (drop in blood pressure)
- Collapse and unconsciousness.

Treatment

Anti-histamines

Some pupils with mild allergies will be prescribed anti-histamines for use to relieve symptoms or as part of their emergency procedure for a severe reaction, or both. If they do need them they will come in either liquid or tablet.

Injectable Adrenaline

Every pupil who is at risk of anaphylaxis will be prescribed an adrenaline pen (Epipen, Jext, or Emerade) which is a pre-loaded injection device containing one measured dose of adrenaline. The devices are available in two strengths.

Inhalers

Some children may also suffer asthma symptoms so will be prescribed a reliever inhaler.

What to Do When a Child with an Allergy Joins Scarborough College

When a child with an allergy joins Scarborough College, or a current pupil is diagnosed with the condition, the School Nurse will contact the parents/ guardians to arrange a meeting to establish how the pupil's allergy may affect their school life. This should include the implications for learning, playing and social development, and out of school activities. They will also discuss any special arrangements the pupil may require.

With the pupil's and parents/guardians permission, children in the same class as the pupil will be introduced to anaphylaxis in a way that they will understand. This will ensure the child's classmates are not frightened if the child has an allergic reaction and they can summon help immediately. The School Nurse will notify staff of the pupil's condition through staff briefings and use of the health register. This will make staff aware of the location of emergency medication and any special requirements.

Record Keeping

The School Nurse will agree and complete a record of the pupil's allergy and health needs. This may include issues such as agreeing to administer medicines and any staff training needs. This information will be kept confidentially on iSAMS.

Following the phone call/meeting, an Individual Healthcare Plan (IHCP) will be drawn up by the School Nurse. It will contain the information highlighted above and identify clearly what procedures to follow in an emergency; in particular, it will state whether the pupil requires emergency medicine, and whether this medicine is an Epipen/Jext/Emerade. The IHCP will then be agreed by the pupil, parents and School Nurse and signed. The School Nurse will store the IHCP confidentially. If the adrenaline pen is used it must be documented on ISAMs and replaced by the parents.

The adrenalin pen or antihistamine and asthma reliever inhaler are stored in the pupils emergency medication bag labelled with their name and a photograph.

Medication

We will follow manufacturer's guidelines for correct storage procedures for any medication required. Directions on when to give anti-histamines and/or inhalers should be taken from the pupil's doctor and will be identified on their Individual Health Plan (IHCP). If anti-histamines/inhalers are prescribed as part of the emergency procedure they should be kept together with the pupil's adrenaline. Children who have an EpiPen/Jext/Emerade should always be prescribed two auto-injection devices to have in school and one of these will be stored in the Health Centre. Emergency medication is stored in an orange bag labelled with the child's name, tutor group and passport sized photograph on the front of the box.

Children in the senior school or who are Fraser competent are deemed sufficiently responsible to carry their own emergency treatment on their person, there should always be a spare adrenalin pen kept safely in the Health Centre. The parents must accept responsibility for maintaining appropriate up-to-date medication.

Training

All first aid trained staff are trained in adrenaline auto-injector administration and anaphylaxis avoidance. Responsibility for giving the injection should be on a purely voluntary basis and should not, in any case, be undertaken without training.

School Visits

Pupils with severe allergies should not be excluded from day or residential trips/visits on the grounds of their condition. They are protected by the Disability Discrimination Act and the Disability Equality Duty.

However, an appropriate risk assessment should be undertaken to ensure the child is not going to be in danger of harm.

Day-only School Visits

Pupils need to remember to take their emergency medication with them, a member of staff who is trained to administer emergency medication will be present.

Residential and Overnight Visits

A trained member of staff will need to accompany the pupil to assist in administration of medication if required. Appropriate health information is covered on the forms generated for out of school trips. It is parent's responsibility to ensure the pupil has all the correct medication with them for a residential trip, and that it is handed into the School Nurse two weeks before departure. With 3A form filled out and signed, for each medication taken.

Boarding Students

The policy equally applies to boarding students. In addition, extra training will be provided for boarding staff to ensure they are competent in managing children with allergies and made fully aware of emergency procedures. Risk assessments are carried out as appropriate. Anaphylaxis will be addressed with the boarding community to ensure safety of the pupil. The School Nurse and school doctor will ensure boarders with allergies have regular reviews as required. Spare emergency medication is kept in an accessible place in the boarding house. Pupils attending boarding activities need to remember to take their emergency medication with them. Boarding staff will take reasonable steps to ensure they minimise any allergen triggers for allergic pupils.

School Environment

Appropriate steps to minimise any risks to allergic children is taken. Kitchen staff are made aware of children with food allergies and measures are taken for food management in relation to the menu. Individual meal requirements and snacks in school. Teaching staff will do reasonable steps to reduce risks of an anaphylactic reaction for the pupil with allergies. Kitchen and dining areas are kept clean of food allergens and attention is paid to hygiene and cross-contamination risks. Hot soapy water is used for cleaning surfaces and utensils.

Pupils with allergies are discouraged from sharing food and parents have a responsibility to educate their children on allergen avoidance. Anaphylaxis is manageable, with sound precautionary measures and support from the staff, school life may continue as normal for all concerned.

We at Scarborough College are a nut free school.

Acknowledgments

Anaphylaxis.org.uk

Supporting Pupils in School with Medical Conditions - December 2015

Policy Prepared by:

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| Person Responsible for Updates | Date Last Reviewed | Next Review Due |
|--------------------------------|--------------------|-----------------|
| Linda Pinkney | September 2021 | August 2023 |



Scarborough College

ANAPHYLAXIS PROTOCOL

Allergic Reaction Symptoms

- Nettle rash, (otherwise known as hives or urticaria)
- Swelling of skin, (known as angioedema) anywhere in the body
- Swelling up of the lips
- Abdominal pain, nausea/vomiting
- Difficulty in breathing

Treatment

- Stay with child, remain calm, call for help
- Give oral Antihistamine immediately
- Give asthma inhaler if prescribed
- Observe if severe symptoms develop follow steps below
- If symptoms settle return to school
- Inform parent/guardian
- Record actions

Anaphylactic Reaction

- Widespread flushing of the skin
- Nettle rash, (otherwise known as hives or urticaria)
- Swelling of skin (known as angioedema) anywhere in the body
- Difficulty in breathing
- Alterations in heart rate
- Severe asthma
- Abdominal pain nausea and vomiting
- Sudden feeling of weakness (dramatic fall in blood pressure)
- Sense of impending doom
- Collapse and unconsciousness, and in rare circumstances death

Treatment

- Stay with child, remain calm, call for help, contact the Emergency Services
- Lay pupil flat
- Administer adrenaline auto-injector pen if prescribed
- Call 999, ask for ambulance and state anaphylactic shock
- Give asthma inhaler if prescribed 1-2 actuations this can be repeated if symptoms continue, maximum 10 actuations
- Administer second pen after 5 minutes if patient does not respond or original symptoms return
- Place in recovery position if unconscious
- Give cardiopulmonary resuscitation if they go into cardiac arrest
- Hand all details of medication and treatment given to Ambulance personnel
- Contact parents/guardian
- Record all actions