

**Emergency Allergy / Anaphylaxis Care Plan**

**Attach photo here**

<b>Students Name</b>	<b>Admissions Number</b>		<b>Date of Birth</b>
<b>Wears medical ID (delete as appropriate)</b>	Yes/No	<b>Weight</b> (for medication dosage)	kg
<b>Parent/Guardian Name</b>	<b>Mobile Number</b>		<b>Relationship</b>
<b>Parent/Guardian Name</b>	<b>Mobile Number</b>		<b>Relationship</b>
<b>Emergency Contact</b>	<b>Mobile Number</b>		<b>Relationship</b>
<b>Medical Contact Name</b>	<b>Telephone</b>		<b>Facility</b>
<b>Permission to discuss with education staff:</b> Yes/No			
<b>Medical Details</b> <b>Please attach doctor's prescription and medical report</b>			
<b>Do you suffer with asthma?</b> (delete as appropriate - higher risk of severe reaction if yes)			Yes/No
<b>Additional information</b> (signs and symptom of reaction, last allergic response, care needs during and after reaction, etc.)			
<b>School held medication/information (please attach doctor's prescription and medical report)</b>  Parents need to supply additional supplies of medication for the school clinic in the event of emergency and loss of hand held medication (if prescribed). No student should be carrying medication without the prior knowledge of the school nurse. Student's medication (antihistamines, inhalers and EpiPen©) will be stored in the <b>Clinic</b> in an accessible place to be used in emergencies only. Parents need to provide prescribed medication to the school clinic. No student should be carrying medication without the prior knowledge of the school nurse. Any emergency medication required will be stored in the <b>Clinic</b> in an accessible place to be used in emergencies only. It is parents' responsibility to update the school nurse with any medical details and healthcare requirements during the school year.			

Should \_\_\_\_\_ suffer from an allergic reaction with no school nurse present, I give permission for any of the adults working with them to administer the EpiPen© provided. This will be done in their capacity as a responsible adult rather than a qualified medical practitioner. First aiders will have been given instruction by the school nurse prior to any trip/activities. I agree that the school and its employees shall not be liable for any claims that I may have arising from the administration of this medicine to my child at school or on trips/activities. After using the EpiPen©, I understand that \_\_\_\_\_ will immediately be referred to the hospital emergency department for assessment and parents/guardians informed directly of this.

<b>Parents Full Name</b> (please print)	<b>Parents Signature</b>	<b>Date</b>
<b>Nurses Full Name</b> (please print)	<b>Nurses Signature</b>	<b>Date</b>

ICS aims to support students participation in all school activities and to become a self-caring individual as age appropriate. Individual care plans need to be renewed annually or as advised by the treating doctor. Please contact us directly with any concerns.


### Anaphylaxis

- A severe and sudden allergic reaction that is potentially life-threatening and always requires an emergency response.
- It can occur when a susceptible person is exposed to an allergen (such as in food or insect sting).
- Reactions usually begin within seconds to minutes of exposure and can progress rapidly over a period of up to two hours or more.

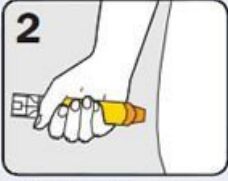
### EpiPen®

- Is an auto injector device containing a single measured dose of adrenaline (know as epinephrine).
- Used in cases of severe allergic reaction, such as anaphylaxis.
- EpiPen Jr is available and contains half the standard dose of adrenalin for children under 30kg.
- The EpiPen is designed to be used easily by people without medical training (manufacturer's statement)
- **Not giving the EpiPen can do more harm than giving it when it may not have been necessary.**

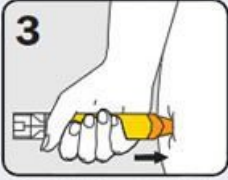
#### How to give EpiPen®



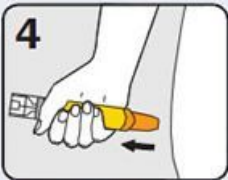
Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE.



PLACE ORANGE END against outer mid-thigh (with or without clothing).



PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds.



Remove EpiPen®. Massage injection site for 10 seconds.

Instructions are also on the device label and at [www.allergy.org.au/health-professionals/anaphylaxis-resources](http://www.allergy.org.au/health-professionals/anaphylaxis-resources)

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#### For use with EpiPen® adrenaline autoinjectors

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.**
- Stay with person and call for help
- Locate EpiPen® (or EpiPen® Jr if aged 1 - 5 years)
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.**
- 2 Give EpiPen® (or EpiPen® Jr if aged 1 - 5 years)**
- 3 Phone ambulance\* - 000 (AU), 111 (NZ), 112 (mobile)**
- 4 Phone family/emergency contact**
- 5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)**

If in doubt, give adrenaline autoinjector

**After giving adrenaline:**

- Commence CPR if there are no signs of life
- Give asthma medication if unsure whether it is asthma or anaphylaxis

EpiPen® is generally prescribed for adults and children over 5 years.  
EpiPen® Jr is generally prescribed for children aged 1-5 years.  
\*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.