

# **SAMPLE TRAINING:**

## Anaphylaxis Emergency in a School Setting

NAME: \_\_\_\_\_

TITLE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

# Anaphylaxis Emergency in a School Setting



## Anaphylaxis Emergency Care in a Public School

### Louisiana Law – Revised Statutes and Rules

#### Administration of Medication

#### R.S. 17:436.1

*Acts 1993, No. 87, §1;*

*Acts 1995, No. 752, §1;*

*Acts 2001, No. 636, §1;*

*Acts 2009, No. 145, §1, eff. June 25, 2009.*

§436.1. *Administration of medication; definition; conditions; restrictions*

A. As used in this Section, the term "**medication**" shall include all prescription and nonprescription drugs.

Louisiana Board of Elementary and Secondary Education and Louisiana Assembly Bill 119 ACT No. 624 is requiring school districts to adopt the policy that allows the school nurse or trained unlicensed school employee to administer auto-injectable epinephrine to a student that the school nurse or trained unlicensed school employee, in good faith, professionally believes is having an anaphylactic reaction, whether or not such student has a prescription for epinephrine.

Anaphylaxis is a rapid, severe allergic response triggered by insect stings, foods, medications, latex materials, exercise, or in rare cases by unknown causes. This is a life-threatening allergic condition, requiring immediate treatment. Administering epinephrine to students during a medical emergency may help to insure the student's health and safety at school. Therefore, \_\_\_\_\_ School District has adopted a policy for standing orders or provide life-saving epinephrine to students who are in need of such treatment.

This policy states that a credentialed, licensed school nurse or trained unlicensed school employee, under the direct or indirect supervision of the credentialed school nurse (or supervisor of health), may administer epinephrine in the form of an epinephrine auto-injector during a severe, life-threatening allergic reaction. The epinephrine auto-injector rapidly delivers a pre-measured, sterile, single dose of epinephrine by direct injection through the skin. Emergency Medical Services will be summoned as well for further treatment.

### **Anaphylaxis**

**Anaphylaxis is a severe allergic reaction that is rapid in onset and may cause death. Not all allergic reactions will develop into anaphylaxis. In fact, most are mild and resolve without problems. However, early signs of anaphylaxis can resemble a mild allergic reaction.**

**Unless obvious symptoms—such as throat hoarseness or swelling, persistent wheezing, or fainting or low blood pressure—are present, it is not easy to predict whether these initial, mild symptoms will progress to become an anaphylactic reaction that can result in death. Therefore, all children with known or suspected ingestion of a food allergen (having a food allergy) and the appearance of symptoms consistent with an allergic reaction must be closely monitored and possibly treated for early signs of anaphylaxis.**

### **What is a food allergy?**

**A food allergy is an adverse immune system reaction that occurs soon after exposure to a certain food. The immune response can be severe and life threatening. Although the immune system normally protects people from germs, in people with food allergies, the immune system mistakenly responds to food as if it were harmful.**

### **Symptoms**

**Anaphylaxis is unpredictable—a mild allergic reaction one time can be life-threatening or severe the next. For example, someone who has a peanut allergy may accidentally eat a peanut and feel tingling lips and watery eyes that eventually go away. However, if the same person is accidentally exposed to a peanut on a different occasion, it could cause difficulty breathing, weak pulse, shortness of breath, fainting and hives that may quickly become life-threatening. Both are instances of anaphylaxis, but the severity, progression, symptoms and duration of the symptoms are inconsistent and unpredictable.**

### **Treatment**

**It's important to administer epinephrine at the first signs of anaphylaxis. Someone should be identified to call 911 while the medication is being administered to the student.**

**According to National Food Allergy Guidelines, epinephrine is the first-line treatment for life-threatening allergic reactions. A delay in administering epinephrine can be life-threatening.**

**Vigilance is essential. Because of this unpredictability, it's crucial for parents and caregivers of children living with potentially life-threatening, or severe, allergies—as well as adults with severe allergies—to be vigilant about any type of allergic reaction ranging from mild to severe. Talk to a healthcare professional about how to identify the signs and symptoms of a life-threatening allergic reaction (anaphylaxis).**

**If you, your child or someone you're caring for shows signs or symptoms of a life-threatening allergic reaction, administer EpiPen® or EpiPen Jr® Auto-Injector immediately as prescribed and seek emergency medical care. After receiving the epinephrine, the student should then be transported for further emergency medical attention to the nearest hospital emergency room.**

### **Common side effects**

Fast, irregular or “pounding” heartbeat, sweating, shakiness, headache, paleness, feelings of over excitement, nervousness, or anxiety, weakness, dizziness, nausea and vomiting, or breathing problems. These side effects usually go away quickly, especially if you rest. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

### **Safety Information**

#### **AUVI-Q:**

If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have more or longer lasting side effects when you use AUVI-Q, especially if you are diagnosed with asthma or have a history of depression, thyroid problems, Parkinson’s disease, diabetes, heart problems or high blood pressure, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. **Epinephrine should be used with caution if you have heart disease or are taking certain medicines that can cause heart-related (cardiac) symptoms.**

#### **EpiPen and EpiPen Jr.:**

Rarely, patients who have used EpiPen® or EpiPen Jr® may develop an infection at the injection site within a few days. Call your healthcare professional right away if you have any of the following at an injection site: redness that does not go away, swelling, tenderness, or the area feels warm to the touch. If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you use EpiPen® or EpiPen Jr®.

# Know When to Use

Recognize the symptoms that might occur during an anaphylactic reaction. Anaphylaxis is a life-threatening allergic reaction that occurs very quickly—even as fast as within a couple of minutes of exposure to an allergen. Here are some of the symptoms of anaphylaxis to watch for:



## HEAD

- Feeling very anxious
- Confusion
- Dizziness
- Passing out



## THROAT

- Itching
- Tightness/closure
- Coughing
- Hoarseness



## MOUTH

- Itching
- Swelling of lips or tongue
- Tingling of lips or tongue



## HEART

- Weak pulse
- Fast heartbeat
- Shock



## LUNG

- Shortness of breath
- Coughing
- Wheezing
- Difficulty breathing



## STOMACH

- Vomiting
- Nausea
- Diarrhea
- Cramps



## SKIN

- Itching
- Hives
- Redness
- Swelling

## Guide to Using Your EpiPen® and Trainer Pen

Using your **EpiPen®** is easy, especially if you practise using your Trainer Pen. Familiarise yourself with these simple steps and watch the [demonstration video](#) so you are clear about what to do in an emergency.

There is no need to remove clothing to use your **EpiPen®**, but make sure the orange end will not hit buckles, zips, buttons or thick seams on your clothes.

To remove **EpiPen®** from the carry case. Flip open the lid on the carry case. Tip the carry case and slide the **EpiPen®** out of the carry case.

Lie down with your legs slightly elevated to keep your blood flowing or sit up if breathing is difficult.



## How to use EpiPen® Trainer Pen

The EpiPen® Trainer is easily distinguishable from the real auto-injector. The label clearly states "Training Device" and is pale blue/grey in colour.

The EpiPen® trainer is:

- reusable and allows you to practise as many times as you wish
- works in the same way as the real EpiPen® but does not contain a needle or medicine

### To use the EpiPen® Trainer Pen

1. Remove the blue safety cap.
2. Swing and jab the orange tip firmly into the outer thigh. Hold in place for 10 seconds.
3. Remove the EpiPen® Trainer Pen. Massage injection site for 10 seconds.



1



2

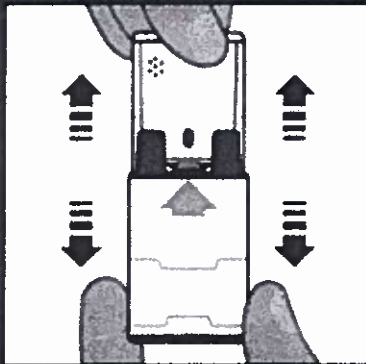


To practise again, the EpiPen® Trainer Pen must be reset.

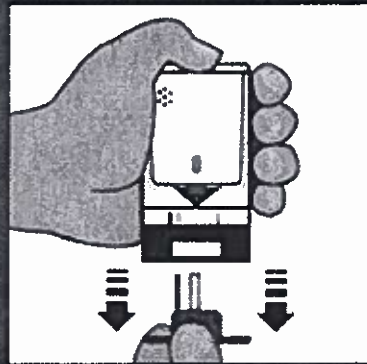


## Inject epinephrine in 3 steps

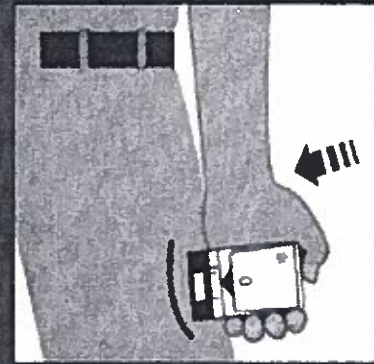
**Step 1:** Pull AUVI-Q from the outer case.



**Step 2:** Pull off Red safety guard.



**Step 3:** Place black end of AUVI-Q against the middle of the outer thigh, press firmly and hold in place for 5 seconds.



- Seek emergency medical help immediately after use
- If the voice instructions do not work for any reason, AUVI-Q will still work during an allergic emergency
- Always read the full instructions for use found in the [Patient Information](#)



Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Allergy to: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Asthma:  Yes (higher risk for a severe reaction)  No

**PLACE  
PICTURE  
HERE**

**NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.**

**Extremely reactive to the following allergens:** \_\_\_\_\_

**THEREFORE:**

If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.

If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.

FOR ANY OF THE FOLLOWING:  
**SEVERE SYMPTOMS**



**LUNG**

Shortness of breath, wheezing, repetitive cough



**HEART**

Pale or bluish skin, faintness, weak pulse, dizziness



**THROAT**

Tight or hoarse throat, trouble breathing or swallowing



**MOUTH**

Significant swelling of the tongue or lips



**SKIN**

Many hives over body, widespread redness



**GUT**

Repetitive vomiting, severe diarrhea



**OTHER**

Feeling something bad is about to happen, anxiety, confusion

**OR A  
COMBINATION**  
of symptoms  
from different  
body areas.



- 1. INJECT EPINEPHRINE IMMEDIATELY.**
- 2. Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
  - Consider giving additional medications following epinephrine:
    - » Antihistamine
    - » Inhaler (bronchodilator) if wheezing
  - Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
  - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
  - Alert emergency contacts.
  - Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

## MILD SYMPTOMS



**NOSE**

Itchy or runny nose, sneezing



**MOUTH**

Itchy mouth



**SKIN**

A few hives, mild itch



**GUT**

Mild nausea or discomfort

**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**

**FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:**

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

## MEDICATIONS/DOSES

Epinephrine Brand or Generic: \_\_\_\_\_

Epinephrine Dose:  0.15 mg IM  0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

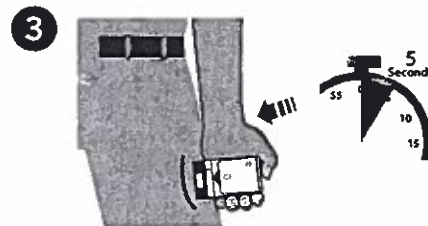
Antihistamine Dose: \_\_\_\_\_

Other (e.g., inhaler-bronchodilator if wheezing): \_\_\_\_\_



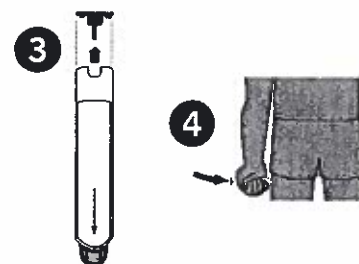
### HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO

1. Remove Auvi-Q from the outer case.
2. Pull off red safety guard.
3. Place black end of Auvi-Q against the middle of the outer thigh.
4. Press firmly, and hold in place for 5 seconds.
5. Call 911 and get emergency medical help right away.



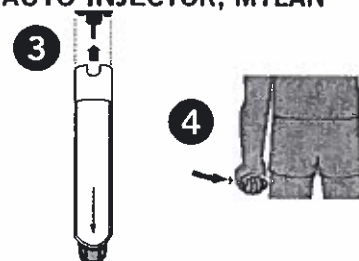
### HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR, MYLAN

1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.



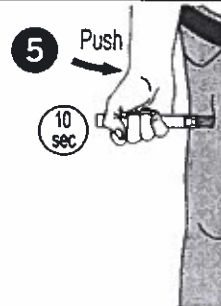
### HOW TO USE EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN

1. Remove the epinephrine auto-injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.



### HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENALICK®), USP AUTO-INJECTOR, IMPAX LABORATORIES

1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip.
3. Grasp the auto-injector in your fist with the red tip pointing downward.
4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
6. Remove and massage the area for 10 seconds.
7. Call 911 and get emergency medical help right away.



### ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

### OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

#### EMERGENCY CONTACTS — CALL 911

RESCUE SQUAD: \_\_\_\_\_

DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

#### OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

**Epinephrine**  
*Epi-pens*

[ ] Initial [ ] Review

**Emergency Medication Auto-Injector Skills Checklist**

Person Trained: \_\_\_\_\_

Position: \_\_\_\_\_

	Demo Date	<u>Return Demonstration Dates</u>					
1. Washes hands							
2. Retrieves student's medication and medication log							
3. Checks the 6 rights 3 times before giving medication							
4. Removes safety cap Place tip on lateral thigh, holding injector in fist without thumb over the end of injector							
5. Presses auto-injector against thigh until mechanism activates, and holds in place for 10 seconds. May be injected through clothing Rubs area for several seconds to improve circulation							
6. Prepares second dose if ordered							
7. Follows the emergency procedure. Call 911, parent, and your school RN							
8. Documents on student's medication log							

Comments: \_\_\_\_\_

Overall Rating:      **PASS** *Successful completion of a minimum of three demonstrations with 100% accuracy*  
     **FAIL** *Practical must be repeated. Trainer must complete Summary of Skills Form and attach to this checklist.*

\_\_\_\_\_  
Date                      School RN Signature

\_\_\_\_\_  
Date                      Employee Signature

# ALLERGIC REACTION EMERGENCY ACTION PLAN

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Student Address: \_\_\_\_\_

School Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

**Emergency Information:**

Parent/Guardian Name: \_\_\_\_\_

Mother Phone (H) \_\_\_\_\_ Father Phone (H) \_\_\_\_\_

Phone (W) \_\_\_\_\_ Phone (W) \_\_\_\_\_

Phone (C) \_\_\_\_\_ Phone (C) \_\_\_\_\_

IF YOU SEE THIS	DO THIS
1) ITCHING, TINGLING, OR SWELLING OF LIPS, TONGUE, MOUTH HIVES, ITCHY RASH, SWELLING OF FACE OR EXTREMITIES NAUSEA, ABDOMINAL CRAMPS, VOMITING, DIARRHEA TIGHTENING OF THROAT, HOARSENESS, HACKING COUGH SHORTNESS OF BREATH, CONSTANT COUGH, WHEEZING	1) <b>CALL 911</b> CALL SCHOOL NURSE CALL PARENT STAY CALM MONITOR BREATHING
2) IF ABOVE SYMPTOMS AND NURSE NOT AT SCHOOL	2) CALL DESIGNATED TRAINED MEDICATION PERSON
3) IF BREATHING STOPS	3) START CPR

School Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Anaphylaxis Treatment Annual Notification to Parents

Dear Parent/Guardian:

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\_\_\_\_\_,RN

School Nurse

\_\_\_\_\_ School District  
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Reference:

Louisiana Department of Education. (2015). Louisiana Believes: School-Based Nursing Services  
In Louisiana Schools – A Resource Handbook for School Nurses and School  
Administrators

Food Allergy Research & Education (FARE) (FOODALLERGY.ORG) (2017)

KALEO, INC. AUVI-Q which is a registered trademark of kaleo. (2017)

Mylan Specialty L.P., EpiPen<sup>®</sup> and EpiPen Jr<sup>®</sup>. (2017)