

This guide must be read alongside the *Medical Condition, Administration of Medication and Nutrition and Food Safety Procedures*.

## What is Anaphylaxis?

Anaphylaxis is a severe life-threatening allergic reaction.

### Signs

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

### Treatment

- Adrenaline (Epi-pen). Adrenaline is the first line treatment for anaphylaxis. Antihistamines may be prescribed to treat mild to moderate allergies but will not prevent or stop anaphylaxis.

## What is an allergy?

An allergy is an overreaction of the immune system to a protein. Reactions can vary from mild to severe

### Signs

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain and vomiting

### Possible treatment

- Antihistamines

For the purposes of this guide, an allergy is a medical condition that has been formally diagnosed by a doctor.

## Educator Responsibilities

- All staff must maintain first aid qualifications, including emergency management of anaphylaxis.
- Centre Director / educators must implement all *Medical Conditions and Administration of Medication Procedural* responsibilities and tasks.
- Display '*Child with anaphylaxis enrolled at the centre*' sign outlining the known allergen/s (anaphylaxis only).
- In consultation with parent / guardian, share relevant information with children and families. Refer to appendix of this procedure.
- When appropriate, incorporate relevant concepts within the curriculum e.g. the importance of not sharing food and washing hands before and after mealtimes.
- Store Adrenaline (EpiPen):
  - Out of direct sunlight or heat.
  - Not in the refrigerator.
  - At room temperature, between 15-25°. Store in an insulated lunch box / wallet.
  - In a location that is inaccessible to children, but easily accessible and known to staff (i.e. clearly signed and not locked).
- **Do not claim to be a 'nut free centre'**. Why? Your centre can implement strategies to minimise the

possibility of nuts and nut related products entering your centre but cannot guarantee these products will never enter your centre.

## Anaphylaxis emergency first aid for undiagnosed children

- In an anaphylaxis emergency, an EpiPen can be administered without the written authorisation (i.e. medication label) of a registered medical practitioner.
- An EpiPen is kept at the centre in case of children (undiagnosed) who experience anaphylaxis for the first time whilst attending a centre.
- Always treat anaphylaxis signs and symptoms as a medical emergency. Immediately call '000' and seek guidance on EpiPen administration.
- Refer to written parent / guardian authorisation register to administer an EpiPen.

## Anaphylaxis emergency first aid steps

1. Immediately telephone '000' – Request an ambulance and follow the instructions of operator. If child has been previously diagnosed, refer to child's medical management plan.
2. Lay child flat. If breathing is difficult, allow to sit. Do not allow them to stand or walk.
3. Upon the instruction of the '000' operator, administer Adrenaline (EpiPen). When parent / guardian written authorisation has not been provided to administer Adrenaline (EpiPen), advise the '000' operator and follow their instructions.
4. Contact parent / guardian.
5. Upon the instruction of the '000' operator, further Adrenaline (EpiPen) doses may be given if there is no response after 5 minutes.
6. Commence CPR at any time if child is unresponsive and not breathing normally.

If unhappy with or unsure of the direction provided by the '000' operator, ask to speak to a Clinical Dispatch Supervisor to obtain medical advice.

### \*\*\* Important \*\*\*

#### A child with diagnosed anaphylaxis or allergies cannot commence enrolment until:

- Centre has a current medical management plan that has been prepared and authorised (date and signed) by a doctor.
- A risk minimisation plan has been developed, documented. *Risk Minimisation Plan Template – Anaphylaxis and Allergies* is available in the policy library
- A communication plan has been implemented and documented to ensure all staff are aware of child's medical condition, risk minimisation plan and health needs.

## References

- *Allergy and Anaphylaxis Australia* - [allergyfacts.org.au/](http://allergyfacts.org.au/)
- *Australian Society of Clinical Immunology and Allergy* - [www.allergy.org.au/](http://www.allergy.org.au/)
- *The Royal Children's Hospital Melbourne* - [www.rch.org.au/kidsinfo/fact\\_sheets/Allergic\\_and\\_anaphylactic\\_reactions/](http://www.rch.org.au/kidsinfo/fact_sheets/Allergic_and_anaphylactic_reactions/)
- A *Food allergen portal* has been created to link centres to best practice food allergen resources, training opportunities and key messages.
- *Journal of Pediatrics and Child Health*. 2015. *ASCIA guidelines for presentation of anaphylaxis in schools, preschool and childcare 2015 update*. Position paper.

## Appendix One - Communication example

### Please adapt for your centre / context

To parents / guardians

**A child attending our centre has anaphylaxis due to XXXXXX.**

Anaphylaxis is potentially life threatening and we are seeking your support to minimise potential risks to the child when attending our centre.

We encourage parents / guardians to make food choices for their child that exclude food that contain XXX or XXX related products. If you do choose to pack these foods or if you are unsure of the ingredients of the food provided, please immediately inform an educator so they can implement appropriate risk minimisation strategies.

Please also ensure you and your child wash hands upon arrival. Washing hands thoroughly, will minimise traces of the allergen being unintentionally brought into the centre.

You may have been in other centres that state they are a "XXX free centre". Realistically however we cannot say that no XXX or XXX related product will ever enter our centre. However, we do work very hard to minimise the possibility of XXX and XXX related products entering our centre. We seek your support and assistance with this.

If you have any questions about the above information, please do not hesitate to contact the centre on XXXX or ask an educator.

We appreciate your understanding in this matter and thank you in advance for your support.

Kind regards

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