

CKSS ANAPHYLAXIS PLAN

Overview:

In our school, we have several students who are at risk for potentially life-threatening allergies. Most are allergic to food and some are at risk for insect sting allergies. Anaphylaxis is a severe allergic reaction that involves one or more body systems. It can result from reactions to foods, insect stings, medications, latex or other substances. While rare, anaphylaxis can lead to death if untreated. Education and awareness is key to keeping students with potentially life-threatening allergies safe. Our school anaphylaxis plan is designed to ensure that students at risk are identified, strategies are in place to minimize the potential for accidental exposure and staff and key volunteers are trained to respond in an emergency situation.

Identification of Students At Risk:

At the time of registration and through the annual Verification Process, parents (or students age 18 years) are asked about their son or daughter's medical condition(s), including whether their son or daughter is at risk of anaphylaxis and asthma. All staff must be aware of these students. Students are encouraged to self-identify.

It is the responsibility of the parent or student who is age 18 years to:

- Inform the school principal of their son or daughter's allergy and/or asthma
- In a timely manner, complete the medical forms and the Anaphylaxis Emergency Plan which includes a photograph, description of the student's allergy, emergency procedure, contact information, and consent to administer medication. The Anaphylaxis Emergency Plan will be posted in key areas of the school, e.g. Health Room, Main Office, etc. Parental permission is required to post the student's plan or the student if age 18 years.
- Advise the school if their son or daughter has outgrown an allergy and no longer requires an epinephrine auto-injector (letter from allergist is required to support this statement).
- If possible, have the son or daughter wear a medical identification, e.g. MedicAlert bracelet. The identification could alert others to the youth's allergies and indicate that he/she carries an epinephrine auto-injector. Information accessed through a special number on the identification jewelry can also assist first responder, such as paramedics, to access important information quickly.
- Have their son or daughter at risk of anaphylaxis carry their auto-injector with them at all times and have a backup available in the school, usually in the main office. All students will carry their own auto-injector and asthma inhaler.
- Provide additional auto-injectors if your son or daughter is going on a field trip. If the location is remote, the organizer of the field trip will carry a cell phone and know the location of the closest medical facility.

Emergency Protocol:

An individual Anaphylaxis Emergency Plan must be signed by the student's parent. The school cannot assume responsibility for treatment in the absence of such a protocol. A copy of the Plan will be placed in designated areas such as the office, health room, etc.

Adults will listen to the concerns of the student who usually knows when he/she is having a reaction, even before signs appear. It is not assumed that students will always be able to properly self-administer their auto-injector.

To respond effectively during an emergency, a routine has been established and practiced. During an emergency:

- One person stays with the student at all times
- One person goes for help or calls for help
- Epinephrine is administered at the first sign of a reaction. Time of administration is noted. (The use of epinephrine for a potentially life-threatening allergic reaction will not harm a normally healthy child, if epinephrine is not required).
- Call 911. Have the student transported to an emergency room even if symptoms have subsided. Symptoms may recur hours after exposure to an allergen.
- One calm and familiar person must stay with the student until a parent/guardian arrives. If the student is being driven to hospital, another adult will accompany the driver to provide assistance, if necessary. The student's backup epinephrine auto-injector will be taken along.
- Contact the child's parents.

Creating a Minimized Allergen School Environment:

Individuals at risk of anaphylaxis must learn to avoid specific triggers. While the key responsibility lies with the individual and his/her family, the school community must also be aware. Special care is taken to avoid exposure to allergy-causing substances. The cafeteria services in our schools operated by our Culinary Arts teachers have Allergy Alert posters in the servery. As well, our servery has a Peanut Free practice that means that the serveries do not have any product with nuts as an ingredient including peanut oils and peanut butter. The risk of accidental exposure to a food allergen is significantly diminished by such measures.

Given that anaphylaxis can be triggered by minute amounts of an allergen when ingested, students with food allergies must be encouraged to follow certain guidelines:

- Eat only food which they have brought from home unless it is packaged, clearly labeled and approved by their parents
- Wash hands before eating
- Not share food, utensils or containers
- Place food on a napkin or wax paper rather than in direct contact with a table

Students must take responsibility for asking servery staff for a product's ingredient list if unsure of the contents.

Training:

Each year there will be training for staff which includes an overview of anaphylaxis, signs and symptoms and a demonstration of the use of epinephrine. Staff will practice using a training auto-injector. The Ministry of Education in consultation with Anaphylaxis Canada has developed an e-learning training program for school staff.

This may be accessed at <http://dev.atelier.on.ca/cfm/edu/anaphylaxis/index.cfm> .

Ideally, staff training will take place early in September and repeated again in February. Substitute teachers will be advised to review the Anaphylaxis Emergency Plan for students in their classes. The principal/designate will speak with substitute teachers about the procedures for responding to emergency situations.

Students will learn about anaphylaxis in an assembly or special class presentations.

Communication Plan:

Ongoing communication about the school anaphylaxis plan is essential in creating awareness and support for our students at risk. The following are strategies our school uses to keep our families informed:

Our plan will be posted on our school website and hard copy can be obtained on request.

Reminders and updates about anaphylaxis will be published in our school newsletters.

We encourage parents who have children who are anaphylactic to speak to the school administrator and possibly staff and students about anaphylaxis.

Our school-wide plan will be reviewed on an annual basis and updated where needed.

Although we cannot guarantee an allergen-free environment, we can all do our part to minimize the risks.