



Chiltern Way Academy Trust

Turning Futures Around

Anaphylaxis Policy

Responsibility for this policy: Safeguarding, Welfare and Attendance Manager

Responsibility for its review: LGB

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PURPOSE

To provide a safe and healthy school environment that takes into consideration the needs of all students and staff, including those who may suffer from anaphylaxis.

What is anaphylaxis?

Anaphylaxis is a severe sudden allergic reaction when a person is exposed to an allergen. The most common allergens in school-aged children are eggs, peanuts, cow's milk, fish, wheat, soy, certain insect stings and reactions to medication groups. Anaphylaxis is a potentially life-threatening condition.

Allergy UK list the symptoms of anaphylaxis as including one or more of the following:

Airway

- Swollen tongue
- Difficulty swallowing/speaking
- Throat tightness
- Change in voice (hoarse or croaky sounds)

Breathing

- Difficult or noisy breathing
- Chest tightness
- Persistent cough
- Wheeze (whistling noise due to a narrowed airway)

Circulation

- Feeling dizzy or faint
- Collapse
- Young children may suddenly become floppy
- Loss of consciousness (unresponsive)

The key to prevention of anaphylaxis in schools is knowledge, awareness and planning.

Our school will manage anaphylaxis by:

- Providing professional development and annual updates for all staff in recognising and responding appropriately to an anaphylactic reaction, including competently administering an Adrenaline Auto-Injector (AAI) (Epipen). Anaphylaxis education should be reinforced at yearly intervals.
- A List of staff trained to administer an AAI can be found in the medical room.

- Identifying susceptible students and knowing their allergens. Medical information will be required at the time of enrolment. Parents are encouraged to complete an Anaphylaxis Action Plan with a professional for use with the Academy. All medical information needs to be reviewed annually.
- There are pictorial posters with all students' allergies and/or intolerances clearly displayed in all medical rooms, school kitchens, staff rooms and food technology rooms across all sites within the Academy.
- Informing the community about anaphylaxis via the school newsletter.
- Avoiding specific triggers to prevent an anaphylactic reaction, which is dependent on education of the child, his/her peers and all school personnel.

AAIs in school

- AAIs are clearly labelled for identification
- Allergy Action Plans are kept with the AAIs
- AAIs are kept in
 - Birtton: North Block – Staff room
South Block – Medical room
 - Prestwood Medical Room
 - Wendover: Medical Room & Garden View Office
 - Wokingham: Front office
- Parents are encouraged to provide two in-date AAIs for their child
- It is the parents' responsibility to ensure that the child's AAIs are within the expiry date
- Parents can register AAIs on the manufacturer's websites to receive text alerts for expiry dates
- School will return expired medication to parents for safe disposal
- Any sharp items such as AAIs should be disposed of safely using a sharps disposal box

General food policy measures

- Nuts and nut-based products will not be used in food served within school sites.
- There should be no trading and sharing of food, food utensils and food containers, if there is an "at risk" child in the class.
- It is ideal that children with severe food allergies should only eat lunches and snacks that have been prepared at home.
- Bottles and other drinks provided by the parents for their children should be clearly labelled with the name of the child for whom they are intended.
- The use of food in crafts, cooking classes and science experiments may need to be restricted depending on the allergies of particular children.

- Food preparation personnel should be instructed about measures necessary to prevent cross contamination during the handling, preparation and serving of food. Examples would include the careful cleaning of food preparation areas after use and cleaning of utensils when preparing allergenic foods.
- The risk of a life-threatening anaphylaxis from casual skin contact, even with highly allergenic foods such as peanuts, appears to be very low. On occasions casual skin contact will provoke urticarial reactions (hives). Simple hygiene measures such as hand washing and bench-top washing are considered appropriate.

Action to be taken:

- Give adrenaline – WITHOUT DELAY – if an EpiPen (AAI -automatic adrenaline injector) is available
- Call an ambulance (999) and tell the operator it is anaphylaxis
- Position is important – lie the person flat (or sit them up if having breathing problems)
- Avoid standing or moving someone having anaphylaxis
- Stay with the person until medical help arrives
- If symptoms do not improve within five minutes of a first dose of adrenaline, give a second dose using another AAI
- A person who has a severe allergic reaction and/or is given adrenaline should always be taken to hospital for further observation and treatment
- Sometimes anaphylaxis symptoms can re-occur after the first episode has been treated and appeared to have settled. This is called biphasic anaphylaxis.