

St. Sinneach's National School
Colehill
Co. Longford
Uimhir Rolla 14672 F
Anaphylaxis Policy

This policy is concerned with the whole school approach to the health, care and management of members of the school community suffering from serious specific allergies. The school recognises that a number of community members suffer from potentially life threatening allergies to certain foods, or toxins from insects. Our aim is to minimise the risk of exposure, encourage self-responsibility, plan for effective response to possible emergencies and become an 'allergy-aware' environment. The school's position is not to guarantee a completely allergen-free environment. We recognise that the allergy to peanuts, celery and Brazil nuts are the most high risk allergies in St. Sinneach's N.S. at the moment. This may change in time. As more information on specific allergies becomes known to us, we will treat all allergies under this policy.

Rational: The intent of this policy is to minimise the risk of any student suffering allergy-induced anaphylaxis whilst at school or attending any school-related activity and to ensure staff are properly prepared to manage such emergency situations should they arise.

Definitions

Allergy: A condition in which the body has an exaggerated response to an allergen.

Allergen: A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis: Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites or medicines.

Epipen: Brand name for syringe style device containing the drug Adrenalin which is which is ready for immediate inter-muscular administration used in very young children.

Health Management Plan: A detailed document outlining an individual students' condition, treatment and action plan for the use of an Epipen, prescribed by the doctor.

The school's key guidelines are to:

- Identify the student with the food allergy in the school
- Have a written emergency action plan detailed within an individual 'Health Management Plan' for managing an anaphylactic reaction
- Avoidance to allergens followed at home should be applied to the classroom (these should be detailed by the parent in the child's Health Management Plan)
- There is a 'no share food' policy in relevant classroom.
- Where food is consumed, the following must be in place:
 1. hand washing
 2. no food sharing
 3. routine cleaning of surfaces where food is consumed to avoid crosscontamination
- Every student with life-threatening allergies must have a medically prescribed EpiPen the school. The EpiPen needs to be accessible for quick access within several minutes of a reaction and kept in a secure location in the child's classroom.

The school is committed to proactive risk allergy management through

- provision of staff education / training programme on anaphylaxis.
- the establishment of specific risk exposure minimisation practices and strategies wherever required within the School operations
- close liaison with parents of students who suffer allergies
- encouragement of self-responsibility and learned avoidance strategies amongst students suffering allergies (age-appropriate)

School's Responsibility:

- Follow the procedures laid out in this policy
- Understand the causes, symptoms and treatment of anaphylaxis.
- Be able to recognise symptoms, know what to do in an emergency, be prepared to handle an allergic reaction.
- Be aware of the students in their care who are at risk from such reactions
- Review and be aware of health records and the 'Health Management Plan' (Appendix A).
- Keep this Health Management Plan within easy access at all times and within the child's school file.
- Provide Parents with Form of Indemnity (Appendix B)

Note: It is extremely important that staff follow the 'Health Management Plan' procedure to the letter, administer the EpiPen if prescribed in any situation where symptoms show the need; rather than not, as the most it will do is increase the heart rate, but what it will definitely do is buy time. The adrenaline simply gives time to get to hospital where treatment can be given to save life. Staff must also follow the instructions on the EpiPen to the letter, if it says to hold in for 10 seconds, do it etc)

- Ensure that members of staff are trained in administering the EpiPen to a child in their care.
- Review policy, procedure and individual 'Health Management Plan' after a reaction has occurred
- Implement a 'No-Share Policy' in the child's classroom.
- Know where each the child's EpiPen is kept in the classroom.
- Teachers should avoid the use of food treats in class as rewards, as these may contain hidden allergens. Instead, non-food rewards are recommended.
- Ensure that tables and surfaces are wiped down regularly and that students wash their hands before and after handling food.
- Be aware that students are at most risk when:
 1. Their routine is broken
 2. At yard or during eating times
 3. On school tours immediate access to medical services is not available
 4. Staff changes occur (sub teacher etc)
 5. Participating in activities involving food
- Become familiar with the concept of "hidden" ingredients, not only in foods but also in non-food items that may be used in classroom projects in Arts and Crafts, Maths and Science. Reading the ingredient labels of foods, as well as other items becomes an additional responsibility of the class teacher.
- Children are encouraged to eat out of their lunchbox and to wash their hands before and after eating to avoid cross contamination.

Every Family's Responsibility

- Be allergy aware
- Teach their children to eat out of their lunchbox
- Support the school in the implementation of this policy

Respect the 'Nut-free' status of the school.

Child with Allergy's Family's Responsibility

- Notify the school of the child's allergies on diagnosis or enrolment. Provide the Principal with an immediate update if there is a change to their child's condition.
- Provide written medical documentation, instructions and medications as directed by a doctor, using the 'Health Management Plan' so that staff will know how to react should their child have an allergic reaction.
- Provide properly labelled medications (normally an EpiPen and anti-histamines) and replace medications after use or upon expiry.
- Supply alternative food options for their child when needed, e.g. on Pancake Tuesday (the school will give advanced notice of events such as these)
- Support the school in the implementation of this policy
- Educate the child in self-management of their food allergy including:
 1. Safe and unsafe foods to eat
 2. Strategies for avoiding exposure to unsafe foods
 3. Symptoms of allergic reactions
 4. How and when to tell an adult they may be having an allergy related problem(age-appropriate)
 5. How to read food labels (age-appropriate)
- Provide emergency contact information and inform the school if this information changes.
- Review procedure with the school staff, child's doctor and the child (if age-appropriate) after a reaction has occurred.

Child with Allergies Responsibility

- Should not share or trade food with others – 'No-Share' policy
- Should not eat anything with unknown ingredients or known to contain an allergen
- Should notify an adult immediately if they eat something they believe may have contained the food to which they are allergic. (age-appropriate)
- Should notify an adult immediately if they feel they are beginning to get an allergic reaction

Procedure during a severe allergic reaction: Incidents of severe allergic reactions will be responded to according to each child's individual Health Management Plan. If a child with an unknown allergy has a severe reaction, the school will call emergency services and follow the directions given.

Raising Student & Parent Awareness: It is important to work with the whole school community to better understand how to provide a safe and supportive environment for all students, including the student with severe allergies.

Peer support and understanding is important for the student at risk of anaphylaxis. The following key messages should be given to children in an age-appropriate manner.

- Take allergic reactions seriously – serious allergies are no joke
- Don't share your food with your classmates
- Not everyone has allergies – discuss common symptoms
- Wash your hands before and after eating
- Know what your friends are allergic to
- If a schoolmate or teacher becomes sick, get help immediately
- Be respectful to all school friends

Parents will be made aware of this policy on the enrolment of a child with anaphylaxis or when newly enrolled.

Review Management Strategies:

If a student has experienced an anaphylactic shock:

- The child's EpiPen must be replaced
- The school together with parents will review the Health Management Plan (the child's doctor's input would be necessary at this time).

This policy was formulated by the Staff of St. Sinneach's N.S., Colehill, in consultation with the Parents and Board of Management.

This policy was ratified by the Board of Management of St. Sinneach's N.S., Colehill, at a board meeting on 5th September, 2022.

Signed _____

Chairperson Board of Management.

Appendix A – Health Management Plan

Tomás Murray is an 'allergic' child who is allergic to peanuts, celery, Brazil nuts and may be sensitive to other allergens. Tomás suffers from hay fever. Tomás also suffers from EOE, which may be caused by food allergens. With EoE (Eosinophilic esophagitis), Tomás oesophagus swells. He has a tendency to vomit a lot, regardless of what foods he eats. This is a long term chronic condition, different from asthma, and is treated by steroidal medication. Tomás uses an inhaler morning and evening for this condition.

Tomás' medication is stored in a Red and White Clarins bag on high shelf in Mrs. Coyle's classroom. This medication is available to all staff and Sherpakids personnel, should an incident arise.

Indications of Anaphylaxis

- Swelling of lips and tongue
- Puffy eyes
- Watering eyes
- Hives or rash
- Laboured Breathing and Gaspings

Tomás uses **Zirtec** to alleviate onset symptoms (Swelling of lips and tongue, Puffy eyes, Watering eyes, Hives or rash)

In the event of laboured breathing and gasping, Tomás needs the Epipen to be used immediately, according to the following procedure -

1. Administer **Epipen** immediately, into the middle of the outer thigh through clothes, if necessary
2. Hold for 10 seconds, counting one potato, two potatoes,.....ten potatoes
3. Dial 999. Inform person on phone of Anaphylaxis condition
4. Lie Tomás down with his legs raised
5. Call Lorraine (086/3544724) and/or Paul (087/4194381)
6. If Tomás is struggling to breathe, raise his head and neck while keeping his legs raised
7. If there is no improvement in Tomás' breathing after 5 minutes, administer a second Epipen

Appendix B – Indemnity Form

This Indemnity made on _____ between

Father's name – Paul Murray (lawful father of Tomás Murray) and

Mother's name – Lorraine Murray (lawful mother of Tomás Murray)

(Hereinafter called the 'parents')

AND

For and on behalf of the Board of Management of St Sinneach's N.S., Colehill (hereinafter called 'the Board').

Tomás suffers on an ongoing basis from the condition known as Anaphylaxis. He requires that a medical procedure, as described in the **Health Management Plan**, be carried out in the event of a severe allergic reaction.

The parents have agreed that the said medical procedures be carried out by a Special Needs Assistant, Teacher or the school Secretary and that said medication be administered by a Special Needs Assistant, Teacher or by other persons as may be designated from time-to-time by the Board.

NOW IT IS HEREBY AGREED by and between the parties hereto as follows:

In consideration of the Board entering into the within Agreement, the parents of Tomás hereby agree to indemnify and keep indemnified the Board, its servants and agents including without prejudice to the generality of Tomás' class teacher, the Principal or Special Needs Assistant or by other persons, as may be designated from time-to-time by the Board, from and against all claims, both present and future, arising from the carrying out or not carrying out of the said medical procedure, or from the administration or failure to administer the said medication.

Signed by the parents in the presence of:

Father's name

Principal's name

Mother's name

Class Teacher name