



Anaphylaxis Policy-school clinic

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Revision	Date	Comment
Original	22 nd September 2020	First Edition
Revision	10 th January	General revision
Revision	22 nd November 2021	General revision-update
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1. Parents Responsibilities:

- Parents of students with known life threatening allergies and/or anaphylaxis have to provide the school on annual basis with written instructions from the students' health care provider for handling anaphylaxis and all necessary medications for implementing the student specific order.
- Parents have to provide at least two (2) doses of auto-injectable epinephrine (Epi-Pen). One for the school clinic and one in the school bag for the child.
- Parents have to provide a written consent to the school (compulsory), which allows all employees of the German International School Dubai to administer the EpiPen in case of emergency and life threatening allergies, during the academic day.
- Children with life threatening allergies are not allowed to use the school bus transportation, participate in field trips, etc. without prior permission from the school.

2. Overview:

- Anaphylaxis is a severe systemic allergic reaction from exposure to allergens that is rapid in onset and can cause death. Common allergens include animal dander, fish, latex, milk, shellfish, tree nuts, eggs, insect venom, medications, peanuts, soy, and wheat.
- A severe allergic reaction usually occurs quickly; death has been reported to occur within minutes.
- An anaphylactic reaction can occur up to one to two hours after exposure to the allergen.

3. Symptoms of Anaphylaxis

- Shortness of breath or tightness of chest; difficulty in or absence of breathing
- Sneezing, wheezing or coughing
- Difficulty swallowing
- Swelling of lips, eyes, face, tongue, throat or elsewhere
- Low blood pressure, dizziness and/or fainting
- Heart beat complaints: rapid or decreased



- Blueness around lips, inside lips, eyelids
- Sweating and anxiety
- Itching, with or without hives; raised red rash in any area of the body
- Skin flushing or color becomes pale
- Hoarseness
- Sense of impending disaster or approaching death
- Loss of bowel or bladder control
- Nausea, abdominal pain, vomiting and diarrhea
- Burning sensation, especially face or chest
- Loss of consciousness

Although anaphylactic reactions typically result in multiple symptoms, reactions may vary. A single symptom may indicate anaphylaxis.

Epinephrine should be administered promptly at the first sign of anaphylaxis. It is safer to administer epinephrine than to delay treatment for anaphylaxis.

4. Training

All Employees from the German International School are regularly First Aid trained.

5. Responding to Anaphylaxis

If student-specific instructions are documented in the file, they should be followed for students with known life threatening allergies and/or anaphylaxis.

For suspected anaphylaxis without specific orders:

- Based on symptoms, determine that an anaphylactic reaction is occurring.
- **Act quickly.** It is safer to give epinephrine than to delay treatment. **This is a life and death decision.**
- Determine the proper dose and administer epinephrine. Note the time.
- Direct someone to call 911 and request medical assistance. Advise the 911 operator that anaphylaxis is suspected and that epinephrine has been given.
- Stay with the person until emergency medical services (EMS) arrives.
- Monitor their airway and breathing.
- Reassure and calm person as needed.
- Call School Nurse/Front Office school personnel and advise of situation.
- Direct someone to call parent/guardian
- If symptoms continue and EMS is not on the scene, administer a second dose of epinephrine 5 to 15 minutes after the initial injection. Note the time.
- Administer cardiopulmonary resuscitation (CPR) if needed.
- EMS to transport individual to the emergency room. Document individual's name, date, and time the epinephrine was administered on the used epinephrine auto-injector and give to EMS to accompany individual to the emergency room.
- Even if symptoms subside, 911 must still respond and individual must be evaluated by a physician. A delayed or secondary reaction may occur.
- Document the incident and complete the incident report.
- Replace epinephrine stock medication as appropriate.

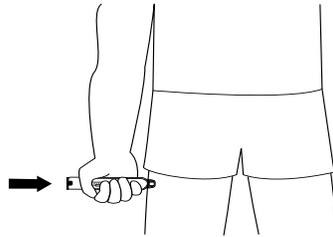


EPIPEN Auto-Injector and EPIPEN Jr Auto-Injector Directions

- First, remove the EPIPEN Auto-Injector from the plastic carrying case
- Pull off the blue safety release cap



- Hold orange tip near outer thigh (always apply to thigh)



- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds. Remove the EPIPEN Auto-Injector and massage the area for 10 more seconds



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6. Post Event Actions:

- Once epinephrine is administered, local Emergency Medical Services (999) shall be activated and the student transported to the emergency room for follow care.
- In some reactions, the symptoms go away, only to return one to three hours later. This is called a "biphasic reaction." Often these second-phase symptoms occur in the respiratory tract and may be more severe than the first-phase symptoms. Therefore, follow up care with a health care provider if necessary.
- The student will not be allowed to remain at school or return to school on the day epinephrine is administered.**
- The event has to be documents and the incident report to be completed.