

## 455.6                    **PROTOCOL FOR TREATMENT OF SEVERE ALLERGIC REACTION (ANAPHYLAXIS) IN SCHOOL**

An anaphylactic reaction is a severe allergic reaction that may be caused by a known or unknown allergen that is unpredictable. The reaction will usually take place within minutes of exposure to an allergen. Epinephrine (Epi- Pen) is given for severe, life threatening allergic reactions. Students who have been previously identified as having serious allergies and at risk for anaphylaxis have orders and provide their own epinephrine auto-injectors at schools from their providers. Standing orders will be provided by the District’s school nurse and/or designee to provide care in case a student has an anaphylactic reaction and has no individual orders for epinephrine auto injectors at school.

### **Signs and Symptoms of Severe Allergic Reaction:**

- If exposed to known allergen, but no symptoms yet.
- Mouth- Itching, tingling, or swelling of lips, tongue, mouth
- Skin- Hives, itchy rash, swelling of the face or extremities
- Gut-Nausea, abdominal cramps, vomiting, diarrhea
- Throat- Tightening of throat, hoarseness, hacking cough
- Lung- Shortness of breath, repetitive coughing, wheezing
- Heart- thready pulse, low blood pressure, fainting, pale , blueness, chest pain, weak or thread pulse
- Neurological- Unconsciousness, confusion, passing out and/or a sense of “impending doom”.

### **Procedure**

#### **A. Supportive first Aid**

- Lie student flat, on back, if possible raise feet 8-12 inches
- Remain calm
- Call for another school staff member to help with removing other students from the area and calling emergency services, personnel, and parents, Gather any supplies.
- Epinephrine auto inject pens are located in the health rooms in each building.
- Do not give any food or drink to the student
- If a stinger is still intact, attempt to remove by scraping at the skin level
- Monitor student closely, as sudden deterioration of condition can occur despite treatment.

#### **B. Give immediately**

- a. Check the five rights. Right child, medication, dose, time, and route
- b. If possible wash hands and put on gloves.
- c. EpiPen® Administration

1. Remove the EpiPen® auto-injector from the container.
  2. Remove the blue safety guard from the pen.
  3. Firmly press the orange tip against the student's mid-outer thigh until click is felt, and hold for 3 seconds. The pen can be given through clothing in most circumstances.
  4. Remove and massage the area for 10 seconds.
  5. Replace the pen back into its container and place it into an appropriate sharps container or hand to emergency medical responders.
- d. Generic Epinephrine Auto-injector Administration
1. Remove the auto-injector from its container.
  2. Remove the caps labeled "1" and "2".
  3. Firmly press the red rounded tip down hard against the student's mid-outer thigh until the needle penetrates and hold for 10 seconds. The injector can be given through clothing in most circumstances.
  4. Remove from thigh and massage the area for 10 seconds
- e. Epi Pen Jr. or equivalent auto injector (0.15 mg)( if under 60 pounds) to thigh if possible
- f. Epi Pen or equivalent auto injector (0.3 mg)( If greater than 60 pounds) to thigh if possible
- g. Call 911 immediately.
- h. Call school nurse
- i. Call Parent
- j. If 911 has not responded within 20 minutes and symptoms still persist give the second auto injector
- k. Notify 911 of the medication you gave and at what time you gave the medication.

C. Directions for the use of EPI PEN

- a. Remove the cap and grasp auto injector firmly in your fist. With the tip pointing down.
- b. Remove the safety release.
- c. Jab the autoinjector into the outer thigh (Hold for 10 seconds) (It may go through clothing
- d. Ensure that the medication was delivered properly. EpiPen should "click" when medication is completed.

D. Steps after Emergency Medication was given.

- a. Call emergency service for help. State that an allergic reaction has been treated and additional epinephrine may be needed.
- b. Make a copy of the student's emergency for emergency personnel. Make on copy the time the epi was first given.

- c. Treat for symptoms until 911 arrives.
- d. Keep warm, but not overheated
- e. Provide rescue breaths or CPR if needed.
- f. Notify parents/guardians/school nurse/provider
- g. Monitor students pulse and respirations
- h. Dispose of injectors into a sharps container.
- I Remove gloves and wash hands.
- g. May need to administer 2nd dose if it is longer than 20 minutes before 911 arrives and symptoms still persist.
- h. Document medication administration in student's medication administration log.
- i. Follow up with parents, providers, and students as needed.

EpiPen® EpiPen Jr® (2018). How to Use Your EpiPen® (epinephrine injection) Auto- Injector. <https://www.epipen.com/about-epipen/how-to-use-epipen>

Food Allergy Research & Education (2018). FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN. Retrieved from <http://www.foodallergy.org/file/emergency-care-plan.pdf>

Wisconsin Department of Public Instruction Medication Administration (2016). Severe Allergic Reaction (Anaphylaxis) Medication Administration-Epinephrine Auto Injector. Retrieved from <https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/snepipenprocedure.pdf>

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