Guidelines for the Care of Students with Food Allergies At-Risk for Anaphylaxis Summary

* A food allergy is an abnormal response to a food, triggered by the body’s immune system (NIAID, 2010). It is a potentially serious immune-mediated response that develops after ingesting or coming into contact with specific foods or additives.
* Symptoms of a food induces allergic reaction may range from mild to severe and may become life-threatening. A life-threatening allergic reaction to food usually takes place within a few minutes to several hours after exposure.
* Anaphylaxis is a “serious allergic reaction that is rapid in onset and may cause death” (Simmons, 2008). Anaphylaxis is highly unpredictable and includes wide range of symptoms.
* Key Elements:
	+ Identification of student with food allergies at-risk for Anaphylaxis
	+ Development, communication, implementation and monitoring of Food Allergy Action Plans, Emergency Care Plans, Individualized Health Care Plans, and/or 504 plans
	+ Reducing risk exposure within the school setting
	+ Training for school staff on recognition of Anaphylaxis and the appropriate emergency response
	+ Post Anaphylaxis reaction and review of policy and procedures
* Alerts:
	+ Mouth: Tingling, itching, swelling of the tongue, lips or mouth; blue/grey color of the lips
	+ Throat: Tightening of throat, tickling feeling in back of throat; hoarseness or change in voice
	+ Nose/Eyes/Ears: Runny, itchy nose; redness and/or swelling of eyes; throbbing in ears
	+ Lung: Shortness of breath; repetitive shallow cough; wheezing
	+ Stomach: Nausea; vomiting; diarrhea; abdominal cramps
	+ Skin: itchy rash; hives; swelling of face or extremities; facial flushing
	+ Heart: Thin weak pulse; rapid pulse; palpitations; fainting; blueness of lips; face or nail beds; paleness
* Treatment of Anaphylaxis: Epinephrine is used in the treatment of Anaphylaxis and is usually prescribed as an auto-injector. Prompt use of epinephrine is important to surviving a life-threatening reaction.
* Policies and procedures were implemented at LSSA that address the following:
	+ Identification of students with food allergies
	+ Development, implementation, communication and monitoring of Emergency Care Plans
	+ Reducing the risk of exposure within the school setting
	+ Training for school staff on Anaphylaxis and emergency response to anaphylactic reactions
	+ Post Anaphylaxis reaction review of policies and procedures
* Identification of Students with Food Allergy-at-risk- for Anaphylaxis: It is important for parents/referring agencies to provide the following information:
	+ Identify the student’s allergens
	+ Specify the nature of the student’s reactions
	+ How to reduce the risk of exposure
	+ Provide emergency treatment
	+ Facilitate communication between school and healthcare provider
* The medical department will provide a signed statement by licensed physician to the school nutrition program that outlines the following:
	+ Students disability
	+ Explanation of why the disability restricts the student’s diet
	+ Major life activity affected by the disability
	+ Food or foods to be omitted from the student’s diet and the food that must be submitted
* Development, Implementation, Communication and Monitoring of Emergency Care Plans. The following will be outlined to help facilitate communication between parents/guardians, referring agencies, facility and on-site medication:
	+ Name, date of birth and grade level of the student
	+ A picture of the student
	+ A list of foods to which the student is allergic
	+ Description of past allergic reactions, including triggers, warning signs and students emotional reaction
	+ Clear instructions of what symptoms require the use of epinephrine immediately
	+ Clear instructions on how epinephrine should be administered
	+ The name of medications to be utilized in an emergency including the brand name, generic name and the dosage to be administered and when to give an additional dose.
	+ A signature and date line for medical representative or school administrator
	+ Contact notification list
* Reducing the Risk of Exposure through Environmental Controls:
	+ Policies and procedures in place for the strict avoidance of the food allergen, early recognition of symptoms and prompt treatment
	+ Environmental controls include the following:
		- Identifying high-risk areas
		- Limiting, reducing and/or eliminating food from classroom(s)
		- Notifying and educating school and facility staff of the need to limit foods
		- Develop procedures for the management of classroom snacks
		- Implement appropriate cleaning protocols in the classroom
		- Provide training to culinary department to reduce the risk of cross-contamination
		- Provide training on food allergy awareness
		- Post visual reminders to help promote food allergy awareness
		- Educate the students about not trading and/or sharing food, snacks, drinks or utensils
		- Implement hand washing protocols before and after meals
		- Assure staff trained in the administration of epinephrine are available during meals
		- Ready access to epinephrine is available on campus
		- Consider risk reduction strategies for all activities
		- Reinforce rules and expectations about bullying students with food allergies
* Training for School Staff on Food Allergies Anaphylaxis and Emergency Response
	+ Training should include the following:
		- Identifying students at-risk for anaphylaxis
		- Signs and symptoms of anaphylaxis
		- Implementing Emergency Action Plans, including training in the administration and storage of epinephrine
		- Development and implementation of Individual Health Plans/504 plans
		- Communication procedures for initiating emergency protocols
		- Environmental control measures, to reduce the risk of exposure to a food allergen, including safe food handling, handwashing, and cleaning procedures
		- Working with on-site medical department and local EMS
		- Post anaphylaxis debriefing and monitoring of food allergy management plans
* Post Anaphylaxis Reaction Review of Policy and Procedures.
	+ Policies, procedures and regulations will be reviewed and updated annually based on current science and food allergy management.