

ANAPHYLAXIS POLICY – LIFE THREATENING ALLERGIES

1. Identification of students at risk

It is the responsibility of the anaphylactic/potentially anaphylactic student's parents to inform the School of their son's allergy. (Hereafter the words anaphylactic and potentially anaphylactic will be omitted.)

All staff are to be made aware of the identity of these students by means of a list being published in the Staff Working Common Room and a note being made in class registers, if parents do not consent to their son being included on such information, they must notify the school.

2. Availability and Location of EpiPens®

MHRA* (May 2014) and the Anaphylaxis campaign recommend that two EpiPens® or equivalent adrenaline auto injectors (AAIs) must be provided by the boy's parents and stored in the Medical Room with an individual treatment plan and any other medication required to deal with an anaphylactic reaction. The care plan will be drawn up by the School Nurse in conjunction with the boy's parents and signed by both parties.

*<http://www.mhra.gov.uk/Safetyinformation/DrugSafetyUpdate/CON418520>

Schools are now allowed to stock emergency AAIs for use in an emergency to prevent a delay in treatment. The Royal Grammar School has chosen to stock EpiPen® (300mcg), **if you have signed to consent to the administration of this emergency treatment the medical room only needs to be supplied with one spare named AAI.** Emergency epipens® will be stored in the dining hall, at Bradstone Brook and in the medical room.

All boys who have had an EpiPen® prescribed for them must carry their own at all times (including to lunch, Bradstone Brook / sporting fixtures and on school trips), guidelines (www.gov.uk/drug-safety-update/adrenaline-auto-injectors-updated-advice-after-european-review) recommend that sufferers carry two AAIs. In school a second named AAI **MUST** be kept in the medical room however no second device is available at off site activities, it is important that students and parents are aware of this and act accordingly.

If a student who does not normally carry their own EpiPen® is involved in a School activity off the School premises (e.g. educational visit, sporting fixture), then it is the responsibility of the boy's parents to ensure that emergency equipment is taken by their son to the activity. The school reserves the right to refuse permission to attend or take part in an activity or trip, if that student does not have the required emergency medication.

Expiry dates of EpiPens® and other auto injectors stored on School premises will be checked each term by the School Nurse and parents will be advised when replacements are needed. Parents are expected to do this in a timely manner.

3. Treatment Procedures

Anaphylaxis (severe allergic reaction) is an emergency situation. The whole body is affected, usually within minutes of exposure to the allergen, symptoms varying in severity, can include all or some of the following:

- generalised flushing of the skin
- nettle rash (hives) anywhere on the body
- sense of impending doom
- swelling of throat and mouth
- difficulty in swallowing or speaking
- alterations in heart rate
- severe asthma
- abdominal pain, nausea and vomiting
- sudden feeling of weakness (drop in blood pressure)
- collapse and unconsciousness

Common triggers include peanuts, tree nuts, latex and insect stings (wasps and bees).

The first aid treatment is immediate administration of adrenaline. This works directly on the heart and lungs to reverse the potentially fatal effects of anaphylaxis. **It is also important to remove the allergen from the vicinity of the child.**

Most boys will need assistance to administer their auto injectors. The administration of EpiPens® by RGS Staff is voluntary.

The parents of a student at risk from a life threatening allergy must give written permission for members of staff to carry out the procedure for the management of an emergency; this will be in the form of an individual care plan agreed by both the parents and the School Nurse.

NB: In a life-threatening emergency, where parental permission has not been given, an auto injector (named or schools own) may be used ‘in the best interests’ of the child.

It is the responsibility of the parents to inform the School Nurse of any changes to the boy’s individual emergency treatment procedure.

4. Training

Training in the recognition and treatment of anaphylaxis will be offered annually to staff. The organisation of this training is the responsibility of the School Nurse in liaison with the Deputy Head (School Development). Action plans for the management of anaphylaxis are also available in relevant areas of school and on the school database.

Education of the wider school community will be carried out as appropriate by the School Nurse in year group assemblies, tutor periods and as part of any first aid programme in which students or staff are involved.

5. Allergen Awareness/Avoidance

The key responsibility for avoiding allergens (particularly food related) lies with the student and his family. The RGS encourages pupils to be independent in the management of any long-term medical conditions including allergies in a secure environment to prepare them for higher education and life beyond school. They should observe the following guidelines: – this would not be relevant to those allergic to bee stings for example:

- Wash hands before eating
- Do not share food, utensils or containers
- Place food on a clean plate or napkin rather than in direct contact with a desk or table
- To only eat food for which there is satisfactory evidence that it does not contain the particular allergen(s)

Holroyd Howe (school caterers) are unable to guarantee a ‘nut free’ environment in their latest allergen policy change, therefore boys with severe/potentially life threatening allergies are to be given the choice of a plated meal or the option to bring their own lunch. If a boy opts for a plated meal but does not collect this meal, instead opting to choose from the general servery the school will not take responsibility for any reaction that may ensue.

The school is **NOT** able to guarantee a nut free environment; therefore, it is essential that all boys with severe life-threatening allergies carry their emergency medication at all

times. Ideally this should be kept on their person for it to be easy to find in an emergency and bags are not permitted in the dining hall.

The school tuck shop avoids selling products which obviously contain nuts or peanuts, however boys should take individual responsibility for checking ingredients if they have an allergy.

6. Responsibility of Families:

We ask the parents of allergic students to:

- Notify the school of the student's allergies and any changes to these or their treatment throughout their child's attendance at the school
- Provide the medical room with two adrenaline auto-injectors (one if consent for schools epipens has been given) and any other emergency medication to be administered in the case of a reaction, clearly labelled with the student's name. This medication will be accompanied by an agreed plan of care in the case of a reaction for the student concerned
- Replace any expired emergency medication when informed by the school nurse that it is required in a timely manner for the safety of the student concerned
- Educate the student in the self-management of his allergy including:
 - Which foods are safe
 - The symptoms of an allergic reaction
 - How and when to tell someone about a reaction
 - How to identify allergens on food labels or who to ask if unsure
- Provide up to date emergency contact information to the school
- Ensure the student carries their emergency adrenaline autoinjector +/- other emergency medication with them at all times on their person

7. Responsibility of Students:

We ask each student with an allergy (especially food related) to be proactive in the care and management of their food allergies and reactions in particular:

- Not to share food with others
- Eat only food where the ingredients are known via a label
- Be aware of other people eating around them and use handwashing to prevent contamination with allergens
- To carry their emergency medication with them at all times, especially to the lunch and break area where bags are not permitted and all off site activities

- To ensure their friends are aware of their allergy and know what to do to summon help
- Notify an appropriate adult if they eat something they believe may contain the substance they are allergic to
- Notify an adult immediately if they think they are having a reaction

8. Responsibility of the school:

The school will seek to:

- Educate staff on the risks, prevention and responses to anaphylaxis
- Provide appropriate training to staff
- Provide school nurse provision during the school day and in the absence of the school nurse a list of first aid trained staff is displayed at various locations throughout school
- Provide a written, available action plan for use in such an emergency
- Ensure that nuts are not used in science experiments or any aspects of teaching
- Advise staff that if they have any concerns regarding a student, even if presenting with a possible minor reaction, to send them accompanied to the school nurse or to summon assistance.

Reviewed by: Deputy Head (Students) & School Nurse

Date of last review: 7 July 2021

Date of next review: Trinity 2022