

Lansing Central School District

Anaphylaxis/Food Allergy Protocol

*A specific allergy management plan is created for each student reflective of that student's needs.
The following protocol is a guideline to help meet student needs.*

Background:

- *Anaphylaxis*
Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. The most common allergens in school aged children are peanuts, eggs, tree nuts (e.g. cashews, almonds, pecans, walnuts, etc), cow's milk, fish and shellfish, wheat, soy, sesame, latex, certain insect stings and medication. The incidence of severe allergic reactions has been rising at an alarming rate, especially with regard to food.

Purpose:

- To guide in the daily management of food allergies in individual children in the school environment.
- To provide an allergy safe and supportive environment which decreases the risk of exposure to allergens to those students with life threatening allergies
- To engage with parents/guardians of students at risk of anaphylaxis and medical provider in assessing risks, developing risk minimization strategies and management strategies for the student in the school setting.
- To ensure that each staff member has adequate and appropriate knowledge about allergies, anaphylaxis and the school's policy and procedures in responding to an anaphylactic reaction.
- To ensure the importance of evidence based allergen avoidance, as well as the availability and timely treatment of anaphylaxis with epinephrine by trained individuals.

Pathophysiology and treatment:

Anaphylaxis can affect almost any part of the body and cause various symptoms. The most dangerous symptoms include breathing difficulties and a drop in blood pressure or shock, which are potentially fatal.

Medications

- Epinephrine auto injector (Epi Pen, Auvi-Q, etc)
- Antihistamines

Treatment of anaphylaxis is centered on treating the rapidly progressing effects of the histamine release in the body with epinephrine. The allergen should also be removed immediately.

Accommodations:

Accommodations are to meet the specific needs of students and implemented to decrease the risk of allergen exposure

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Nut Free Classroom – (Predominantly Elementary School)

- The purpose of a nut free classroom is to provide an allergen free “safe space” for students with life threatening allergies.
- No nuts or nut containing products are to be brought into the classroom. All food labels of food being brought into the classroom must be read including snack food, classroom project food, classroom pet food, etc.
- All individuals entering the room should wash their hands upon entering (to remove any possible nut or nut residue from hands).
- All students should wash their hands after eating lunch.
- Nut free signage is to be posted outside the classroom.

Cafeteria Options - Elementary School only

Bobcat Table

- This table must **ALWAYS** be nut free. When an allergic student (or their parent) requests the Bobcat Table, the allergic students may bring a friend or two to sit with them so they are not eating alone. The **friends cannot have nut products** in their lunch if they are eating at the Bobcat Table.
- The Bobcat Table is to be cleaned with disposable wipes to prevent residual peanut or nut on the Bobcat Table from the cotton cleaning cloths. Wipes may be obtained from the custodial staff or nurse. The signage on the Bobcat Table will be paw prints and written words stating “nut free”.
- The Bobcat Table is to be cleaned by staff supervising the cafeteria throughout the lunch periods after each use

Navy Blue Placemat

- Navy blue paper placements are used to create a physical barrier between the lunch table and the allergic student-this allows the allergic student to each lunch with their classroom at the classroom table.
- Students using the placemat should sit at the end of the table and classmates sitting beside them should not have any food containing the allergen. (Ex: If the student is allergic to peanuts and/or nuts, classmates sitting next to them cannot have peanuts or nuts). The allergic student may need assistance disposing of the placemat in the compost bin due to the prevalence of allergens.

Identifying the Team

- Family
- Student
- School Administration

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- School Nurse
- School Medical Director
- Teachers
- Food Service Director
- Coaches, Athletic Directors (MS and HS)
- Transportation Personnel

Action Steps for Anaphylaxis Management

- *See Anaphylaxis Management Flow chart-page 8*

Family Responsibilities:

- Notify the school nurse of the child's life threatening allergy
- Complete a Food Allergy Health History Form if applicable
- Collaborate with the school team to develop a plan that accommodates the child's needs throughout school including the classroom, in the cafeteria, on the bus and during field trips.
- Provide written medical documentation, instructions and medications as directed by the physician.
- Provide properly labeled medications and replace medications after use or upon expiration. Medication will be kept in the school nurse health office unless otherwise ordered by the prescribing physician.
- Educate the child in the age appropriate self-management of their allergy including:
 - Safe and unsafe foods
 - Strategies for avoiding exposure to unsafe allergen
 - Symptoms of allergic reactions
 - How and when to tell an adult they may be having an allergy-related problem
 - How to read food labels (if appropriate)
- Review policies/procedures with the school staff, the child's physician, and the child(if age appropriate) after a reaction has occurred
- Provide emergency contact information
- Sign the authorization for exchange of information with health care provides, Individual Health Plan, Emergency Care Plan.

Student Responsibilities:

- Do not trade food
- Do not eat anything with unknown ingredients or known to contain any allergen
- Be proactive in the care and management of food allergy and reactions -based on student's developmental level

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- Notify an adult immediately if something is eaten that is believed to contain allergen.
- Notify an adult immediately of any signs or symptoms of an allergic reaction
- Always have your emergency medication with you (if designated as a self-carry)
- Notify the school nurse and coaches where your emergency medication is at all times (if designated as a self-carry)

School Administrator Responsibilities:

- Be knowledgeable about and follow applicable federal laws including ADA, IDEA, Section 504, and FERPA, state laws and district policies that apply.
- Include the allergic student in all activities. Students should not be excluded from school activities based solely on a life threatening allergy.
- Assure that all staff who interact with the student on a regular basis (including the school bus driver) understands life threatening allergies, can recognize symptoms, knows what to do in an emergency and works with other school staff to eliminate the use of food allergens in the allergic student's meals, educational tools , arts and crafts projects or incentives.
- Identify a core team, but not limited to, the school nurse, teacher, principal, and food services director to work collaboratively with the parent and student to create a prevention management plan.
- Enforce all encore areas designated as nut free areas (in the elementary school and middle school as needed)
- Provide a nut free desk and/or nut free table in the cafeteria as needed in the elementary and middle school cafeteria as needed
- Assure training by licensed medical personnel/ registered professional nurses for all adults in a supervisory role in the recognition and emergency management of a specific medical condition for specific students;
- Have standing emergency medical protocols for nursing staff provided by LCSD medical director.
- Assure stock supply of life saving emergency medications (epinephrine auto-injector) in all health offices for use in first time emergencies;
- Assure buildings are following specific legal documents duly executed in accordance with the laws of NYS with medical orders regarding the care of specific students with severe life-threatening conditions;
- Allow self-directed students as assessed by the school nurse, to self-carry life saving medication with prior approval by the medical provider, and according to health practice and procedures.
- Assure appropriate and reasonable building accommodations are in place within a reasonable degree of medical certainty
- Ensure windows and doors have screens if left opened. Do not allow door propping when stinging insects are active.

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- Enforce a “no eating” policy on school buses-with exceptions made only to accommodate medical needs.
- Assure all buses have communication devices in the event of an emergency
- Enforce no bullying or harassment policy
- Ensure playgrounds have communication devices in the event of an emergency

Teacher Responsibility:

- Discuss/arrange a meeting, as needed, with the parent to discuss allergic student, classroom snack policy, cafeteria accommodations for student-school nurse will attend as requested
- Verify with allergic student and parent that authorization to share allergy information with classmates for best effort to keep allergic student safe
- Review presentation “Caring for Students with Life Threatening Allergies” and Allergy Information Packet-provided by school nurse
- Review the students IHP(Individual Health Plan) and/or ECP (Emergency Care Plan)-have available for substitute teacher as needed
- Communicate identified classroom accommodations (i.e. nut free, hand washing, snack policy, etc.) with other students and parents in the classroom.
- Enforce identified accommodations in the classroom (i.e. nut free, hand washing, etc.)
- Post signage as indicated by IHP/ECP
- Consider implementing “Protect a Life” (PAL) program –provided in the Allergy Information packet - within your classroom if appropriate
- If student appears to be having an allergic reaction, immediately notify the school nurse; have an adult escort the student to the health office if possible. NEVER send a student having an allergic reaction to the health office alone. If student is not able to go to the nurse, have the nurse come to the student.

Elementary School Nurse Responsibilities:

- The school nurse will be the case manager for students with life threatening allergies
- Be available to meet with the parent, teacher and student, if needed, to discuss and develop an exposure prevention and allergy management plan and to create Individual Health Care Plans (IHP), Emergency Care Plans (ECP), 504 Plans, as indicated
- Have parent complete and sign the appropriate forms: Allergy Healthy History Form, IHP, ECP, authorization to release information-health care provider, etc.
- Provide a copy of IHP and/or ECP, as indicated, to parent, classroom teacher, encore teachers, cafeteria, transportation department and administrator, as indicated.
- Provide a “tour” of the health office for the student, discuss the allergy and student responsibilities, as indicated

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- Provide an Allergy Information Packet to the classroom teacher, including allergy free/nut free signage, as indicated
- Provide allergy free/nut free signage for encore areas
- Review/provide “Faculty Overview for Managing Students with Allergies and Anaphylaxis at Schools ” presentation with the classroom teacher
- Provide Epi Pen/auto injector training prior to field trip to willing classroom teacher and all other willing grade level teachers going on the same field trip
- Encourage parent to provide student’s food (especially classroom snack) to decrease the risk of exposure
- Administer epinephrine auto-injector if needed for a life threatening allergic reaction, call 911, transport to Emergency Department
- Review and update IHP and/or ECP after any exposure and as needed

Middle School Nurse Responsibilities:

- The school nurse will be the case manager for students with life threatening allergies
- Communicate with the parent, teacher and student (if appropriate) to discuss and develop an exposure prevention and allergy management plan and create Individual Health Care Plans (IHP), Emergency Care Plans (ECP), 504 Plans, as indicated.
- Have parent complete the Allergy Health History Form, IHP, ECP, etc as indicated.
- Have parent sign a written authorization for exchange of information with health care providers, as indicated.
- Provide a copy of the IHP and/or ECP to various departments and administrator, as needed
- Provide a “tour” of the health office for the student; discuss the allergy and student responsibilities, as indicated
- Provide an Allergy Information Packet to the classroom teacher
- Review/provide “Faculty Overview for Managing Students with Allergies and Anaphylaxis at Schools ” presentation with the classroom teachers, as indicated
- Provide Epi Pen/auto injector training prior to field trip to willing classroom teacher and all other willing grade level teachers going on the same field trip.
- Encourage parent to provide student’s food (especially classroom snack) to decrease the risk of exposure
- Administer epinephrine auto injector if needed for a life threatening allergic reaction, call 911, and transport to Emergency Department
- Review and update IHP and/or ECP after any exposure and mid-year, as indicated.
- Communicate with athletic coaches prior to sports season regarding students and provide Epi Pen/auto injector training; answer questions

High School Nurse Responsibilities:

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- The school nurse will be the case manager for students with life threatening allergies.
- Communicate with the parent, teacher and student to discuss and develop an exposure prevention and allergy management plan and create Individual Health Care Plans (IHP), Emergency Care Plans (ECP), 504 Plans, as indicated.
- Create Individual Health Care Plan (IHP), Emergency Care Plans (ECP) 504 Plans, as indicated. Have parent review and sign.
- Have parent complete the Allergy Health History Form.
- Have parent sign a written authorization for exchange of information with health care providers.
- Provide a copy of the IHP and ECP Provide Epi Pen/auto injector training to athletic coaches, teachers and prior to field trips to staff with student with possible life threatening allergies.
- Administer epinephrine auto injector if needed for a life threatening allergic reaction, call 911, transport.
- Review and update IHP and ECP after any exposure and mid-year.
- Meet with self-carry students to discuss where the epinephrine auto injector will be kept while at school, during school trips and athletic practices/competitions, and document
- Provide an Allergy Information Packet to the classroom teacher.
- Review/provide "Faculty Overview for Managing Students with Allergies and Anaphylaxis at Schools " presentation with the classroom teacher and coaches

Food Service Director:

- Train food service personnel on food allergy issues, such as avoiding cross-contact during preparation, serving, storing.
- Post menus in advance for parents to review for potential allergens.
- Provide food/ingredient information as needed
- Identify students with life threatening allergies to food service personnel
- Clean surfaces after food is eaten and served, using a separate cloth as used to clean nuts/peanut butter

Athletic Coaches/Athletic Director:

- Review allergy information packet and "Faculty Overview for Managing Students with Allergies and Anaphylaxis at Schools " presentation provided by nurse
- Receive Epi Pen/auto injector training from school nurse
- Review with athlete where athlete keeps epinephrine auto injector during sport practices and competitions
- Be willing and available take possession of epinephrine auto injector as needed during sports practice/competition

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School Medical Director:

- Provide written Standing Order for emergency medication for allergic reaction -non-patient specific. Update yearly.
- Provide guidance for
- Be available for questions and concerns as needed.

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Anaphylaxis Management Algorithm II

Provision of Care and Post Exposure Phases

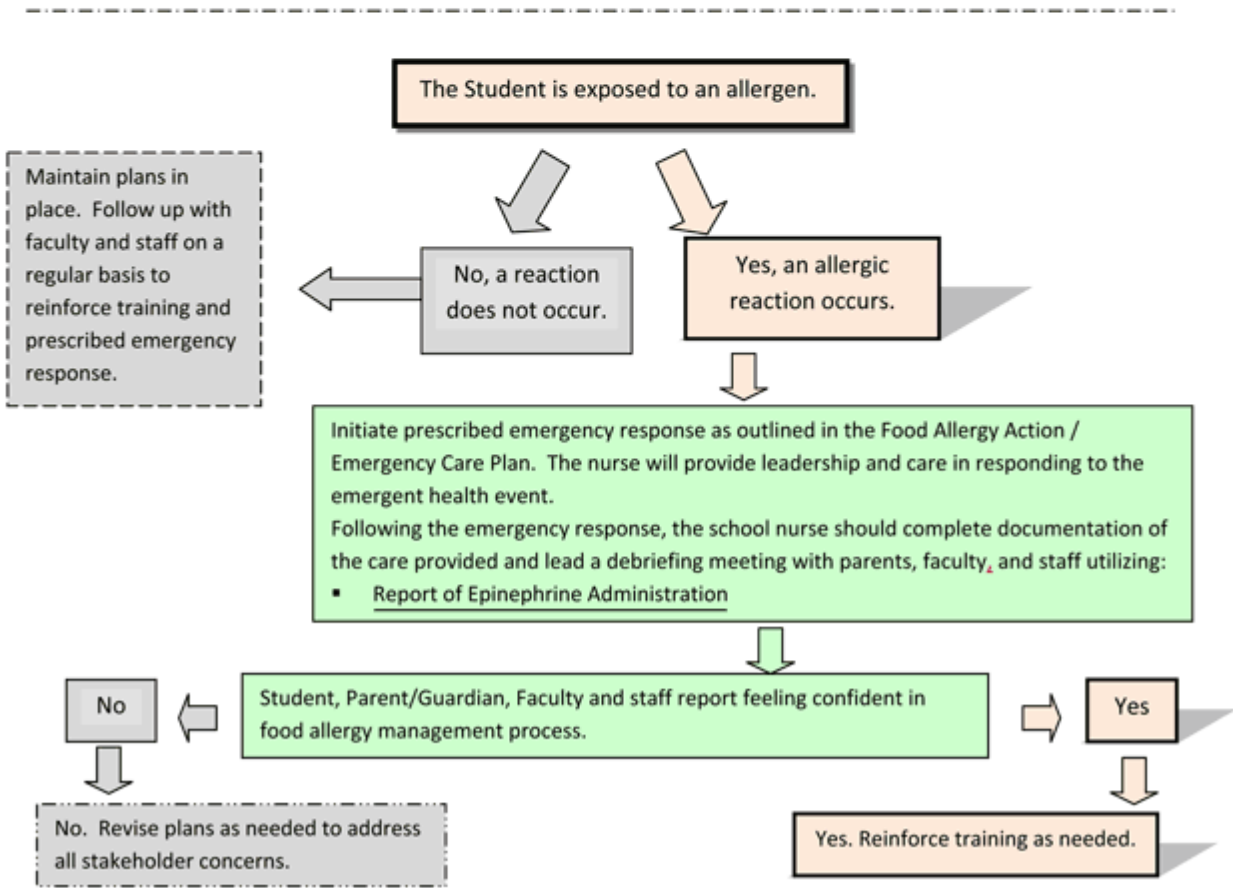
Planning for student with confirmed food allergy has been completed as outlined in NASN's Anaphylaxis Management Algorithm I: Planning Phase.



Provision of care: School nurse will plan for care for the student based on evidence based guidance for best practice. The nurse will develop care plans for the student and direct care using the following resources:

- Notification of Food Allergy in Classroom
- District Policies & Support Checklist
- Staff Training Checklist
- Food Allergy Individualized Healthcare Plan → Ask Parent/Guardian to sign plan
- Food Allergy Action / Emergency Care Plan → Ask Parent/Guardian to sign plan
- NASN Sample Letter to Parents
- Care Planning Checklist
- Fostering Partnerships & Quality Monitoring Checklist

The nurse will design care around locally appropriate policies related to documentation, medication administration and nursing practice.



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REFERENCES

New York State School Health Services Center

<http://www.schoolhealthservicesny.com/>

Food and Allergy Network

<https://www.foodallergy.org/>

Center for Disease Control and Prevention

http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf

Allergy Home

<http://www.allergyhome.org/schools/>