

Adapted from the
[Ministry of Education](#)
[website](#)

Elementary School
Presentation

ANAPHYLAXIS



Interior Health

August 2023

Why are we here?

- ▶ Boards of Education must establish a training strategy according to the Ministry of Education [Anaphylaxis Protection Order](#) School Act, amended 2009
- ▶ Ministry of Education [BC Anaphylactic and Child Safety Framework](#) updated 2013
- ▶ Consensus Statement regarding standardized anaphylaxis training : [Anaphylaxis in Schools & Other Settings](#) 3rd Edition Revised, 2015

What is an Allergy?

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Allergies occur when the immune system becomes unusually sensitive and overreacts to common substances that are normally harmless.

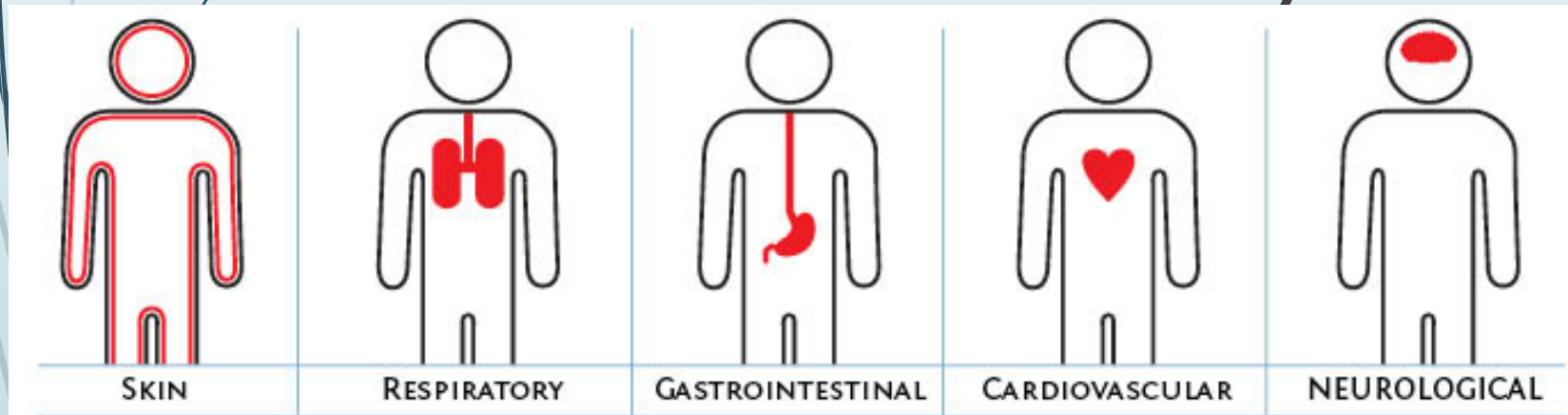
Examples are:

- **Food** – peanuts, tree nuts, sesame, milk, eggs, seafood, soy, wheat and mustard
- **Insect stings** – bees, wasps, hornets
- **Medications** – antibiotics, sulfa drugs
- **Exercise**
- **Latex** – gloves/medical devices

Reference: Food Allergy Canada 2021

What is anaphylaxis?

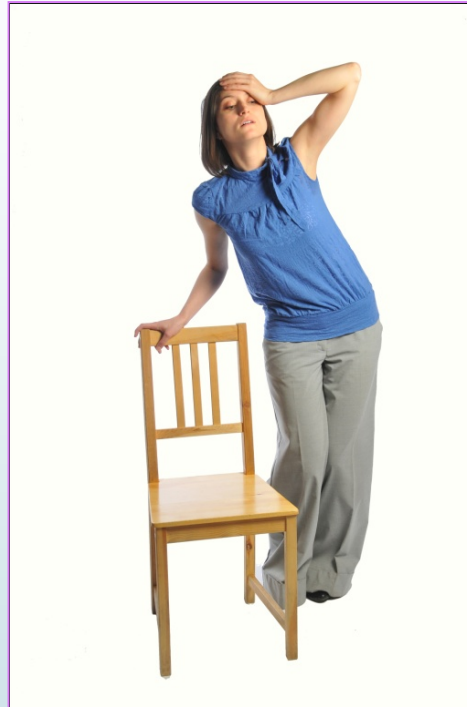
- **Most serious type** of allergic reaction
 - Can affect different parts of the body
 - Can happen quickly or can be delayed
 - Can be life-threatening
- **Immediate treatment is necessary**



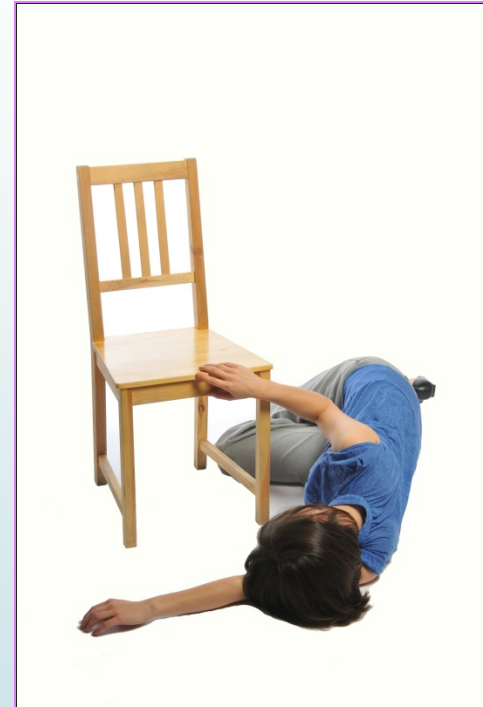
Most dangerous symptoms



Breathing difficulties



Drop in blood pressure



Food Allergy Canada 2019

Prevention = Having a Plan

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- Ensure the medical alert list and epinephrine auto-injectors are current
- Be aware of students who have allergies
- Review emergency care plans for each student
- Epinephrine must be immediately available, preferably carried by child
- Additional devices should be stored in a central unlocked location
- Know when and how to administer the epinephrine
- Prepare for outdoor and off school grounds activities
- Sample awareness and avoidance strategies & [checklist](#)

What should I do?

- 1) Administer Epinephrine
- 2) Call 911
- 3) Administer second dose after 5-15 minutes **IF** symptoms do not improve or recur
- 4) Have ambulance transport student to hospital
- 5) Notify parent/guardian

Remember:

- Epinephrine is **the** drug to use for an allergic reaction
- Delay in receiving epinephrine is associated with fatalities
- Individuals must go to the closest emergency department

Remember

- When in doubt, **administer epinephrine**, early use **saves lives**. Symptoms of anaphylaxis are unpredictable
- Antihistamines are not appropriate drugs to use during anaphylaxis and **must not be given**
- Asthma medication may be given **after** epinephrine
- Some symptoms of anaphylaxis can be confusing i.e. breathing difficulties
- **Epinephrine** addresses the life threatening symptoms of **breathing difficulty and loss of blood pressure**

Effects of Medication on Anaphylaxis

Body System	Epinephrine	Antihistamine
Breathing	Opens airways	
Circulation	-Raises heart rate and blood pressure -Increases heart contractions	
Skin	Reduces hives	Reduces hives
Immune	Stops ongoing reactions	

What are auto-injectors?

A disposable, pre-filled automatic injection device that administers a single dose of epinephrine



Allerject®
Epinephrine Injection, USP



Emerade™



Reference: [EpiPen](#)

[Allerject](#) [Emerade](#)

How big are the needles?



Using the EpiPen®



- ✓ Hold firmly with **ORANGE** tip pointing downward.
- ✓ Remove **BLUE** safety cap by pulling straight up. Do not bend or twist.



- ✓ Place and push **ORANGE** tip firmly into mid-outer thigh until you hear a “click.”
- ✓ Hold on thigh for a **slow count of 3**.
- ✓ [EpiPen video link](#) (go to how to use video)

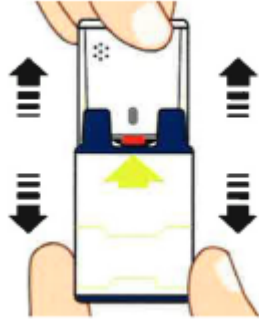
Built-in needle protection

When EpiPen® is removed, the **ORANGE** needle cover automatically extends to cover the injection needle, ensuring the needle is never exposed.

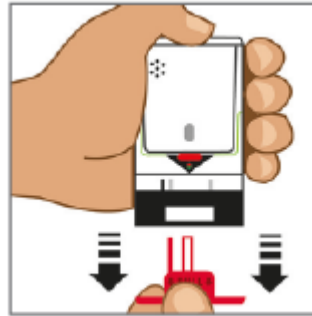


Reference:
www.epipen.ca

Using Allerject®



STEP 1



STEP 2

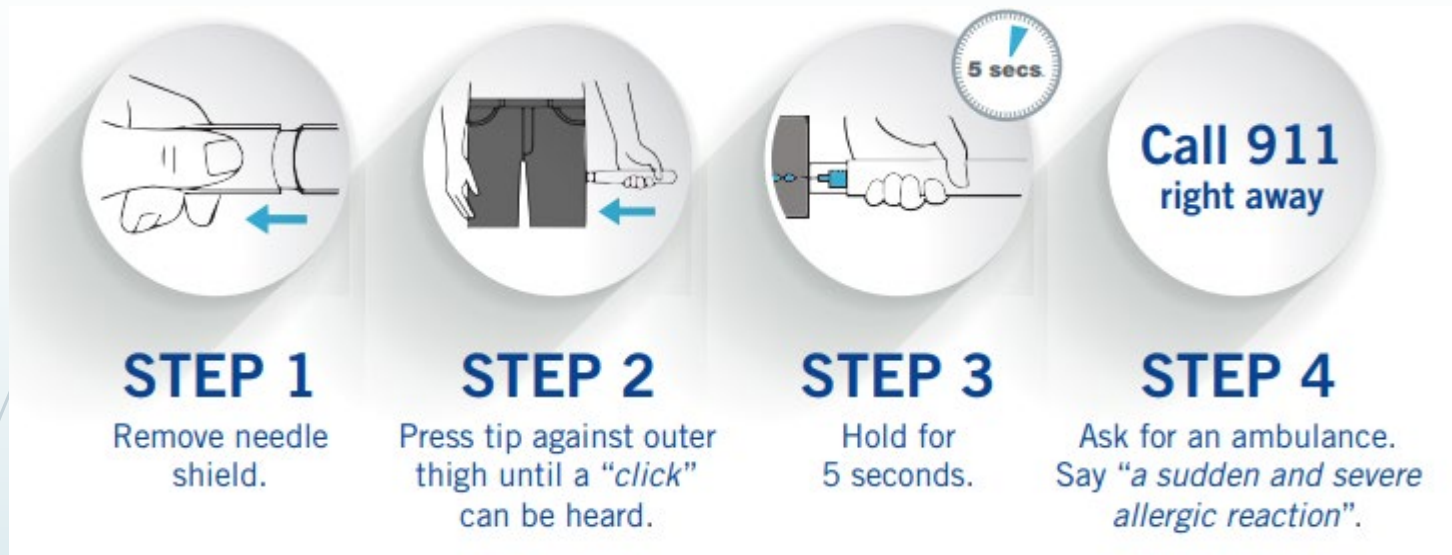


STEP 3

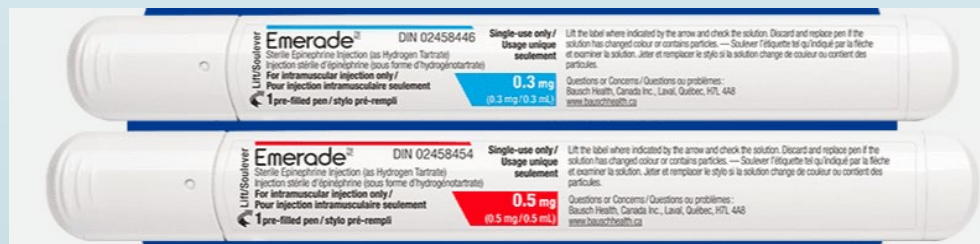
- ✓ Pull Allerject® from the outer case
- ✓ Pull red safety guard down and off of Allerject®
- ✓ Place black end of Allerject® against the middle of the outer thigh, push firmly until you hear a click and a hiss. **Hold in place for 5 seconds.**
- ✓ [Allerject](#) video Link

Reference: [Allerject](#)

Using Emerade®



✓ [Emerade video link](#)



Reference: [Emerade](#)

Body Positioning

When giving epinephrine

- ✓ Have the child sit or lie down

After giving epinephrine

- ✓ Place the child on their back
- ✓ If they feel sick or are vomiting, place them on their side

Important: Do **not** have child sit up or stand suddenly



Conclusion:

Follow the three A's

Awareness

- Know the students affected by allergy
- Know the steps of the emergency plan
- Know the location of the epinephrine auto-injector
- Know how to use an epinephrine auto-injector

Avoidance

- Communication
- Avoid contact with allergens
- Regular cleaning
- Handwashing

Action

- Give the epinephrine auto-injector and call **911**.
- **Don't delay!**

Anaphylaxis video

- ▶ [Watch this 5 year old have anaphylaxis and use her EpiPen® - YouTube](#) Stop at 3:10



Self-learning Module



Anaphylaxis in Schools

For teachers, administrators and other school personnel, our online course will help you understand the basics of anaphylaxis, ways to reduce risks in a school setting, and the recommended emergency treatment.

Duration: About 30 minutes

START COURSE

GET CERTIFICATE

NOT STARTED

[Allergy Aware](https://www.allergyaware.ca)

Resources

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For more information contact your Public Health Nurse and see:

- [BC Anaphylactic and Child Safety Framework](#)
- <https://www.allergyaware.ca/courses/> Allergy Aware
- www.epipen.ca EpiPen®
- <https://allerject.ca/> Allerject®
- <https://www.emerade.ca/> Emerade®
- www.foodallergycanada.ca Food Allergy Canada
- www.medicalert.ca Medic Alert
- www.bchealthguide.org/healthfiles Health files
- [Anaphylaxis](#) BC Ministry of Education
- [Anaphylaxis in Schools & Other Settings](#) 3rd edition
- [Teens and Young Adults](#) resources

References

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- **Anaphylaxis in Schools & Other Settings** (Third Edition Revised, 2015) by the Canadian Society of Allergy and Clinical Immunology.
- **Food Allergy Canada**
<http://foodallergycanada.ca/>
- **Asthma Canada**, <https://asthma.ca/>
- **IH public website**
<http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolMedicalConditions/Pages/AllergiesAnaphylaxis.aspx>

Acknowledgments

Presentation developed by Interior Health Authority, with input from: Food Allergy Canada

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Images and/or product shots from:

Pfizer Canada Inc. (EpiPen®), kaleo Inc. (Allerject®), Bausch Health (Emerade®), Food Allergy Canada or purchased by Interior Health

Any Questions?

