



Shallowater ISD Health Services

Anaphylaxis Protocol

Anaphylaxis is a severe allergic reaction that has a rapid onset and may be fatal. During anaphylaxis, tissues in the body release histamines that cause the airways to tighten and lead to many systemic symptoms, the most important being those that are life threatening, e.g. difficulty breathing and swallowing, systemic hives, feelings of impending doom, wheezing, decreased blood pressure and loss of consciousness. Common causes of anaphylaxis are medications (i.e. antibiotics), foods, natural rubber latex, and insect bites/stings (Kim & Fischer, 2011). Cold-induced and exercise-induced anaphylaxis, although rare, can also occur. Some people have anaphylactic reactions with unknown causes (MA Department of Public Health Data Health Brief, 2010). Food allergies are the most common source of anaphylaxis in children, whereas adults are more likely to experience venom and drug-induced response (Kim & Fisher, 2011).

It is the position of the National Association of School Nurses (NASN) that the safe and effective management of allergies and anaphylaxis in schools requires a collaborative, multidisciplinary team approach. The registered professional school nurse (hereinafter referred to as the school nurse), is the leader in a comprehensive management approach which includes planning and coordination of care, educating staff, providing a safe environment, and ensuring prompt emergency response should exposure to a life-threatening allergen occur. Furthermore, NASN supports, in states where laws and regulations allow, the maintenance of stock non-patient specific epinephrine and physician-standing orders for school nurses to administer epinephrine in life-threatening situations in the school setting.

In conjunction with Dr. Brian Carreon (prescribing physician) and SISD, the school will obtain and keep epinephrine in the school nurse's office. Non-patient specific epi-pens will be kept with other epi-pens in an **unlocked**, easily accessible display of the school nurse's choosing. It should be standard practice that the school nurse will be the individual delivering epinephrine when the need arises. However, staff education in compliance with Senate Bill 27 will be conducted annually in regards to the care of students with food allergies at risk for anaphylaxis. Each staff member will get a brief overview of epinephrine administration. Additional school staff, specified by campus principals, will also be trained in CPR/First Aid, where in, additional anaphylaxis training is conducted.

In the event that any person (student/staff member, etc) has the need of epinephrine for life saving measures, it will be standard practice at each campus that an ambulance will be called immediately. This is will be non-negotiable, because of the high incidence and necessity of repeated doses of epinephrine.