



Food Allergy and Anaphylaxis Awareness

AISD Student Health Services
2012



Food Allergies

- Definition: A potentially serious immune-mediated response that develops after ingesting or coming into contact with certain foods or food additives
- A Life Threatening reaction can occur within minutes to hours after ingestion

Food Allergies: Facts



- 4 out of 50 kids have a food allergy
- The number of children with food allergies is on the rise
- Kids with asthma are at a higher risk for life threatening reaction
- There is not a cure for food allergies

Common Allergens

- ANY food can cause an allergy
- 90% of food allergies are caused by these 8 foods:
 - Milk
 - Eggs
 - Fish
 - Shellfish
 - Peanuts
 - Tree Nuts
 - Soy
 - Wheat



Figure 1: The "Big Eight" Allergens: Tree Nuts, Peanuts, Soy, Egg, Milk, Fish, Wheat and Shellfish.

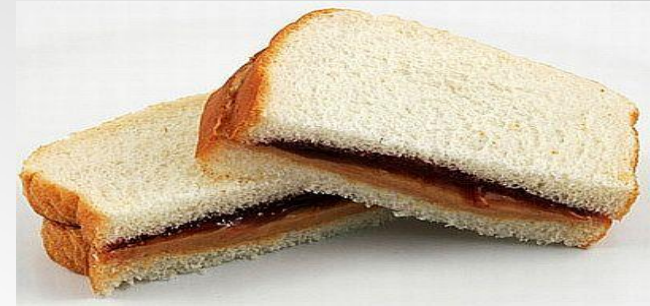
Allergic Reactions

Can occur anywhere

- Cafeteria
- Classroom
- Arts and crafts supplies may contain food allergens
- Playground
- Field Trips (EpiPen must accompany student)



Cross-Contamination



- Occurs when allergen is transferred from one item to another

Example: Preparing a peanut butter sandwich in the kitchen.

- The counter and plate where the sandwich is prepared/placed is contaminated
- The knife used to cut it is contaminated
- The person's hands that prepared it are contaminated

MUST wash hands and all items thoroughly with soap and water to get rid of allergen!

Environmental Controls



- Good handwashing with soap and water is essential!
 - Hand Sanitizers do NOT remove allergens
 - Wash hands before and after eating
- Limit use of food products in which children have allergies for arts and crafts projects
- Avoiding cross-contamination when food is prepared

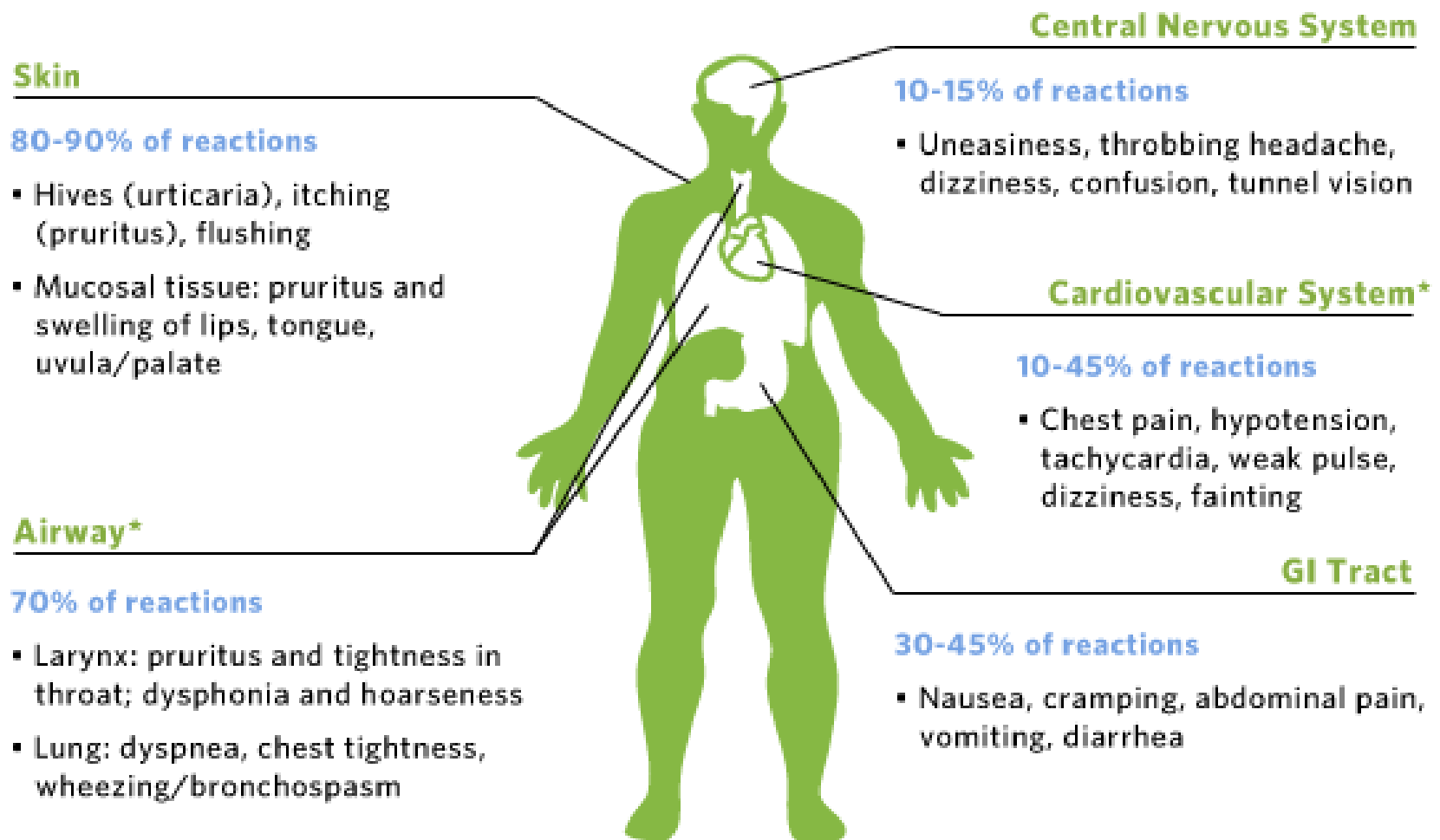
Environmental Controls

- Limit foods in the classroom
- Avoid using food as rewards
- Teach children to avoid sharing food
- Carefully control snacks brought into the classroom
- Ensure proper cleaning, especially in areas where food is prepared or consumed
- Ensure Epinipherine is easily accessible

Anaphylaxis

- Definition: A serious reaction that is rapid in onset and may result in death
- Prompt identification of an allergic reaction can save a person's life!

Figure 1: Common Signs and Symptoms of Anaphylaxis



*Potentially life-threatening symptoms.

Early Recognition and Treatment is Essential!

- There is NO cure for food allergies
- Epinephrine is the treatment for severe, life-threatening allergic reactions

School Nurse Responsibilities

- Identify students with severe allergies and discuss specifics with classroom teacher(s), cafeteria staff and other school personnel that need to know.
- Schedule meeting with parent(s)/guardian(s)
- Obtain necessary orders and consents
- Develop individualized care plan/emergency plan
- Conduct AISD staff training as needed

Epinephrine (Epi-Pen)

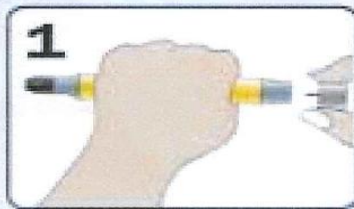
Prescribed for students at risk for life threatening allergic reactions

- Easy to use
- School nurse will provide training

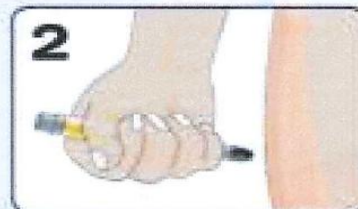


Epi-Pen Overview

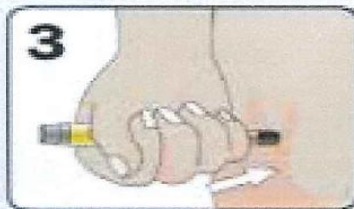
How to give EpiPen® or EpiPen® Jr



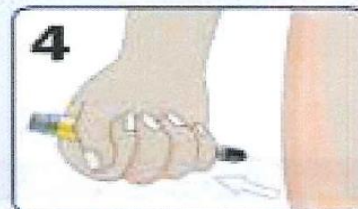
1
Form fist around EpiPen® and PULL OFF GREY SAFETY CAP.



2
PLACE BLACK END against outer mid-thigh (with or without clothing).



3
PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds.



4
REMOVE EpiPen® and DO NOT touch needle. Massage injection site for 10 seconds.

Treatment



Always contact school nurse immediately

- Follow student's individual care plan or emergency plan
- If Epinephrine is administered, CALL 911
- Contact parent
- Notify school administrator
- Student may need to be transported to a hospital in case of a second reaction needing treatment.

Post Anaphylaxis Reaction Review

- After each event all school staff involved will meet to review event
- Post anaphylaxis reaction review form will be completed and sent to the clinical manager for that school
- Identified improvements will be reviewed by the Student Health Services team
- All recommendations from Student Health Services will be documented and sent to the Food Allergy Management Team for review and implementation

Food Allergy Management Team

- Sally Freeman, Director of Student Health Services
- Dr. Pont, Medical Advisor
- Clinical Managers: Anne Cady, Cindy Cobia and Laura Cotton
- School Nurse
- Tracy Lunoff, AISD Supervisor of Health Services
- Chris Carrillo, AISD Director of Child Nutrition Services
- Kourosh Hafezi, AISD Director of Transportation
- Designated AISD Staff



Please contact your school nurse if you have questions regarding food allergies or Student Health Services at 324-0195.

Other useful websites:

www.FoodAllergy.org (Food Allergy and Anaphylaxis Network)

www.epipen.com