



Avila College

ANAPHYLAXIS POLICY

Policy Title	Anaphylaxis Policy
Date	2015
Author	Deputy Principal Students Principal
Version Status	WB0215P
Document Location	College Website, SIMON Intranet and Staff Handbook

Rationale

This Policy has been prepared to comply with Ministerial Order No 706 January 2016 Anaphylaxis Management in Victorian Schools. Avila College recognises that anaphylaxis is potentially life threatening. Avila College believes that effective management of students at risk of anaphylaxis is a partnership between Avila College, the staff, the student, the student's parents/guardians and the student's medical practitioner. The college is committed to providing a safe and supportive environment for all individuals at risk as far as practicable/practical.

Scope

Avila College Community/Staff in partnership with the student, parents/guardians and Medical Practitioner has a duty of care to implement appropriate strategies to aid in the risk minimisation and emergency treatment of anaphylaxis where practical.

Principles

Avila College supports full and active participation in all areas of school life and will undertake to ensure that the individual at risk of anaphylaxis can participate equally in all activities without stigma or discrimination. The College will promote awareness of the schools Anaphylaxis Management Policy and engage with stakeholders regarding ongoing changes and improvements. The College undertakes extensive training of all staff to ensure that each staff member has adequate knowledge about allergies, anaphylaxis and the school's policy and procedures in responding to an anaphylactic reaction.

Definition

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening.

The key to prevention of anaphylaxis in schools is knowledge of those students who have been diagnosed at risk, awareness of triggers (allergens), and prevention of exposure to these triggers.

Common allergens in school aged children may include, but are not limited to:

- peanuts
- eggs
- tree nuts (e.g. cashews, pine, macadamia, walnuts, hazelnuts)
- cow's milk
- fish and shellfish

- wheat
- soy
- sesame
- latex
- insect stings (bees, wasps, jumping jack ants)
- medication

Anaphylaxis must be treated as a medical emergency and always requires an emergency response

Treatment

Adrenaline given through an EpiPen® auto-injector to the muscle of the outer mid-thigh is the most effective first aid treatment for anaphylaxis. No other medication will help Anaphylaxis i.e. Anti-Histamine will not help Anaphylaxis.

Documentation

- ASCIA Action Plan for Anaphylaxis - EpiPen® Individual Plan (Appendix 4)
- Anaphylaxis Management Plan Cover Sheet (Appendix 5)
- Strategies to Avoid Allergens (Appendix 6)

The College will ensure that an individual management plan is developed, in consultation with the student's parents/guardians, for any student who has been diagnosed by a medical practitioner as being at risk of anaphylaxis. The individual Anaphylaxis Management Plan will be in place as soon as practicable after the student enrolls, and before their first day of school. Students who do not have a management plan in place and supply the school with an EpiPen® on the first day of attendance may not be allowed to attend classes until the management plan and school EpiPen® are in place. This is at the discretion of the school and Deputy Principal Students.

The individual anaphylaxis management plan will set out the following:

- Information about the diagnosis, including the type of allergy or allergies the student has (based on a diagnosis from a medical practitioner)
- Strategies to minimize the risk of exposure to allergens while the student is under the care or supervision of school staff, for in-school and out of school settings including camps and excursions
- The name(s) of the person/s responsible for implementing the strategies
- Information on where the student's medication will be stored (General Office)
- The student's emergency contact details
- An emergency procedures plan (ASCIA Action Plan), provided by the parents/guardians, that:
 - sets out the emergency procedures to be taken in the event of an allergic reaction
 - is signed by a medical practitioner who was treating the child
 - includes an up to date colour photograph of the student

The student's individual management plan will be reviewed, in consultation with the student's parents/guardians:

- annually, and as applicable
- if the student's condition changes
- immediately after a student has an anaphylactic reaction at school
- when a student is to participate in an off-site activity not covered by their individual Anaphylaxis Management Plan

Responsibilities

It is the responsibility of the parents/guardians to:

- Inform the school, either at enrolment or diagnosis, of the student's allergies, and whether the student has been diagnosed as being at risk of anaphylaxis
- Obtain information from the student's medical practitioner about their condition and any medications to be administered. Inform school staff of all relevant information and concerns relating to the health of the student
- Meet with the school to develop the student's Anaphylaxis Management Plan
- Provide an ASCIA Action Plan, or copies of the plan to the school that is signed by the student's medical practitioner and has an up to date colour photograph

- Provide the EpiPen® and any other medications to the school (as per ASCIA Action Plan)
- Ensure that their child carries an EpiPen® and AMP with them especially while travelling to and from school
- Replace the EpiPen® before it expires
- Assist school staff in planning and preparation for the student prior to school camps, field trips, incursions, excursions or special events such as class parties or sport days
- Supply alternative food options for the student when needed
- Inform staff of any changes to the student's emergency contact details
- Participate in reviews of the student's Anaphylaxis Management Plan e.g. when there is a change to the student's condition or at an annual review.

It is the responsibility of the Principal or delegate to:

- Actively seek information to identify students with severe life threatening allergies at enrolment
- Conduct a risk assessment of the potential for accidental exposure to allergens while the student is in the care of the school
- Meet, if necessary, with parents/guardians to develop an Anaphylaxis Management Plan for the student. This includes documenting practical strategies for in-school and out-of-school settings to minimise the risk of exposure to allergens
- Request that parents/guardians provide an ASCIA (Australasian Society of Clinical Immunology and Allergy) Action Plan for Allergic Reactions (Appendix 7) that has been signed by the student's medical practitioner and has an up to date colour photograph of the student
- Ensure that parents/guardians provide the student's EpiPen® and that it is not out of date
- Ensure that all school staff obtain accredited Anaphylaxis training (ASCIA Anaphylaxis e-training for Victorian schools) so that they know how to recognise and respond to an anaphylactic reaction, including administering an EpiPen®
- Ensure an accurate record of all anaphylaxis training completed by staff is maintained
- Develop a communication plan to raise student, staff and parents/guardians awareness about severe allergies and the school's policies
- Provide information to all staff (including specialist staff, new staff, sessional staff, cafe staff and office staff) so that they are aware of students who are at risk of anaphylaxis, the student's allergies, the school's management strategies and first aid procedures. This can include providing copies or displaying the student's ASCIA Action Plan in cafes, classrooms and staff rooms
- Ensure that there are procedures in place for informing casual relief teachers of students at risk of anaphylaxis and the steps required for prevention and emergency response
- Allocate twice yearly time during staff meetings, to discuss, practise and review the school's management strategies for students at risk of anaphylaxis. Practice using the trainer EpiPen® regularly
- Encourage ongoing communication between parents/guardians and staff about the current status of the student's allergies, the school's policies and their implementation
- Review the student's Anaphylaxis Management Plan annually or if the student's circumstances change, in consultation with parents/guardians
- Provide or arrange post-incident support (e.g. counselling) to students and staff, if appropriate.

It is the responsibility of staff to:

- Know the identity of students who are at risk of anaphylaxis
- Understand the causes, symptoms, and treatment of anaphylaxis
- Staff members must complete the ASCIA Anaphylaxis e-training for Victorian Schools (every 2 years) and be verified by a School Anaphylaxis Supervisor (School Nurse) within 30 days of completing the ASCIA e-training as being able to use the EpiPen® correctly to complete their certification
- If Anaphylaxis 22300VIC course has been done by staff member at an external First Aid provider, the staff member has Anaphylaxis accreditation for 3 years from the date done
- Attend the twice yearly Anaphylaxis School briefings
- Know the school's first aid emergency procedures and what your role is in relation to responding to an anaphylactic reaction
- Keep a copy of the student's ASCIA Action Plan (or know where to find one quickly) and follow it in the event of an allergic reaction
- Know where the student's EpiPen® is kept
- Know and follow the Strategies to Avoid Allergens guidelines in the student's Anaphylaxis Management Plan

- Plan ahead for special class activities or special occasions such as excursions, incursions, sport days, camps and parties. Work with parents/guardians to provide appropriate food for the student
- Avoid the use of food treats in class or as rewards, as these may contain hidden allergens and to consider the alternative strategies
- Be aware of the possibility of hidden allergens in foods and of traces of allergens when using items such as egg or milk cartons in art or cooking classes
- Be careful of the risk of cross-contamination when preparing, handling and displaying food
- Raise student awareness about severe allergies and the importance of their role in fostering a school environment that is safe and supportive for their peers.

It is the responsibility of the School Nurse to:

- Keep an up to date register of students at risk of Anaphylaxis
- Ensure that students' emergency contact details are up to date with the support of the General Office staff
- Obtain training on how to recognise and respond to an anaphylactic reaction, including administering an EpiPen®
- Check that the EpiPen® is not cloudy or out of date regularly
- Inform parents/guardians if the EpiPen®® needs to be replaced
- Ensure that the EpiPen®® is stored correctly (at room temperature and away from light) in an unlocked, easily accessible place, and that it is appropriately labelled
- Work with staff to conduct regular reviews of prevention and management strategies
- Work with staff to develop strategies to raise school staff, student and community awareness about severe allergies
- Perform the role of School Anaphylaxis Supervisor at school. Must complete and remain current in 22303VIC Course in Verifying the Correct Use of Adrenalin Auto injector Devices (every 3 years) and the ASCIA Anaphylaxis e-training for Victorian Schools (every 2 years)

Training

All teachers and other school staff who conduct classes, which students at risk of anaphylaxis attend, or give instruction to students at risk of anaphylaxis, must have up to date training in an anaphylaxis management training course. In practice, all teaching staff will have up to date anaphylaxis management training regardless of whether they teach a student at risk of anaphylaxis. Training will be provided to these staff.

At other times, while the student is under the care or supervision of the school, including music lessons and sport training, the College must ensure that there is a sufficient number of staff present who have up to date training in an anaphylaxis management training course.

Communication Plan

The policy will be included in the staff handbook and an electronic copy can be located on the College website; SIMON (intranet) and the Staff Handbook.

The College will be responsible for ensuring that appropriate information is provided to all staff, students and parents/guardians about anaphylaxis and the school's anaphylaxis management policy as part of a communication plan. Staff will receive information through staff meetings, highlighted on SIMON class roles, and on the Pastoral Care Noticeboard in the staff room.

Staff are made aware through a short presentation at the beginning of the year and the second semester, while parents/guardians will have access to information about anaphylaxis at least once a year via the College's newsletter. Parents/guardians will be able to access the policy via the Parent Access Module (PAM) from the College website.

The communication plan will include information about what steps will be taken to respond to an anaphylactic reaction by a student in a classroom, in the school yard, on school excursions, on school camps and special event days. This information is currently contained in the High Risk Medical Student presentation that is presented to staff, highlighted on SIMON class roles, emailed with meeting minutes and on the Pastoral Care Noticeboard in the staff room.

Staff will also be made aware of their role in reducing the risk of coming into contact with allergens to anaphylactic students. The Strategies to Avoid Allergens document must be adhered to and is part of the College's Anaphylaxis policy.

Volunteers and casual relief staff in charge of students will be informed of students at risk of anaphylaxis, and their role in avoiding allergens exposure and responding to an anaphylactic reaction by a student in their care by the Daily Organiser as part of an 'Induction Pack'.

All staff will be briefed once each semester by the School Anaphylaxis Supervisor - Health Centre Nurse, who has up to date anaphylaxis management training.

The presentation will include:

- the school's anaphylaxis management policy
- the causes, symptoms and treatment of anaphylaxis
- the identities of students diagnosed at risk of anaphylaxis
- where their medication is located
- how to use an auto-adrenaline injecting device
- the school's first aid and emergency response procedures
- strategies to avoid allergens

REFERENCE

Ministerial Order No 706 January 2016 Anaphylaxis Management in Victorian Schools
ASCIA Australasian Society of Clinical Immunology and Allergy www.allergy.org.au

REVIEW

This policy will be reviewed annually as recommended by Ministerial Order No 706 January 2016 Anaphylaxis Management in Victorian Schools, by the College Nurse in conjunction with the Deputy Principal Students with recommendations for change to the Principal.

APPENDICES

Appendix 4 ASCIA EpiPen Individual Action Plan
Appendix 5 Anaphylaxis Management Plan Cover Sheet
Appendix 6 Anaphylaxis Strategies to Avoid Allergens
Appendix 7 ASCIA Allergic Reactions Action Plan

Policy approved by Principal	
Next Review Date	December 2018
Person Responsible	Deputy Principal Students Principal

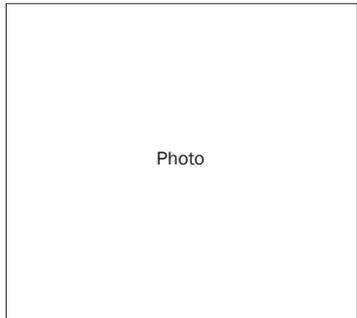


ascia
australasian society of clinical immunology and allergy
www.allergy.org.au

ACTION PLAN FOR Anaphylaxis

Name: _____ For EpiPen® adrenaline (epinephrine) autoinjectors

Date of birth: _____



Confirmed allergens: _____

Family/emergency contact name(s): _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by medical or nurse practitioner: _____

I hereby authorise medications specified on this plan to be administered according to the plan

Signed: _____

Date: _____

Action Plan due for review: _____

How to give EpiPen®



1 Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



2 Hold leg still and PLACE ORANGE 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 3 seconds
REMOVE EpiPen®

All EpiPen®s should be held in place for 3 seconds regardless of instructions on device label

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy - freeze dry tick and allow to drop off
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr adrenaline autoinjector
- Give other medications (if prescribed).....
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- | | |
|---|--|
| <ul style="list-style-type: none"> Difficult/noisy breathing Swelling of tongue Swelling/tightness in throat Wheeze or persistent cough | <ul style="list-style-type: none"> Difficulty talking and/or hoarse voice Persistent dizziness or collapse Pale and floppy (young children) |
|---|--|

ACTION FOR ANAPHYLAXIS

1 Lay person flat - do NOT allow them to stand or walk

- If unconscious, place in recovery position
- If breathing is difficult allow them to sit



2 Give EpiPen® or EpiPen® Jr adrenaline autoinjector

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Further adrenaline doses may be given if no response after 5 minutes

6 Transfer person to hospital for at least 4 hours of observation

If in doubt give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: Y N

© ASCIA 2017 This plan was developed as a medical document that can only be completed and signed by the patient's medical or nurse practitioner and cannot be altered without their permission

Anaphylaxis Management Plan 2018 Cover Sheet

This Plan is to be completed by the Principal or nominee on the basis of information from the student's medical practitioner provided by the parent/guardian.

Avila College, 35 Charles Street, Mount Waverley Vic 3149	
School Phone Number: 9831 9600	
Student's name:	
Date of birth:	Year Level:
Severely allergic to:	
Other health conditions:	
Medication at school:	
Parent/Guardian information (1)	Parent/Guardian information (2)
Name:	Name:
Relationship:	Relationship:
Home phone:	Home phone:
Work phone:	Work phone:
Mobile:	Mobile:
Address:	Address:
Other emergency contacts (if parent/carer not available):	
Medical practitioner contact:	
Emergency care to be provided at school:	
Epipen Storage: <input type="checkbox"/> on person <input type="checkbox"/> in school office	If an extra Epipen is at school, it is kept in:
The following Anaphylaxis Management Plan has been developed with my knowledge and input and will be review on:	
Signature of Parent/Guardian:	Date:
Signature of Principal (or nominee):	Date:

Strategies to Avoid Allergens 2018

Student Name:			
Risk	Strategy	Who?	Please tick if appropriate
Exposure to Allergens in the Classroom	High Risk Medical Student Information Booklet (including Anaphylaxis students) in each area/corridor	School Nurse	<input type="checkbox"/>
	Class role will indicate students with Anaphylaxis with an alert- <i>i</i>	School Nurse	<input type="checkbox"/>
	Staff will alert replacement teacher of the students with Anaphylaxis in the class in writing	Subject Teacher	<input type="checkbox"/>
	Giving an EpiPen® poster in each Class - student awareness raised about Anaphylaxis	Home Room Teacher	<input type="checkbox"/>
	No egg, milk or cereal packet to be used in classes with students with Anaphylaxis	Subject Teacher	<input type="checkbox"/>
	Replacement teacher will be given a handout detailing the Anaphylaxis procedures to manage students at risk	Daily Organiser	<input type="checkbox"/>
	Use no nut packaging e.g. peanut butter jars not to be used in class activities	Subject Teacher	<input type="checkbox"/>
	Vegetable oils only to be used in recreation or classroom massage, relaxation activities	PE or Subject Teacher	<input type="checkbox"/>
Exposure to Allergens in the School Grounds	Bins are emptied on a daily basis	Prop Manager Cleaners	<input type="checkbox"/>
	Lawns mowed regularly	Prop. Manager	<input type="checkbox"/>
	Staff on duty encouraged to carry communication device (optional)	Duty Staff	<input type="checkbox"/>
	Critical incident bag (including EpiPen®s and Action Plans) centrally located in General School Office	School Nurse	<input type="checkbox"/>
	General use EpiPen® in Health Centre, General School Office, Food Tech Kitchen and Counselling House	School Nurse	<input type="checkbox"/>
Exposure to Allergens in the Food Technology Classroom/Kitchen	Risk evaluation in Food Tech done with parent/guardians. Separate student workstation and utensils may be required by the student with Anaphylaxis	Food Tech Teacher	<input type="checkbox"/>
	Hidden allergens in cooking items checked	Food Tech Teacher	<input type="checkbox"/>
	Allergen not used in student's cooking class (by negotiation)	Food Tech Teacher	<input type="checkbox"/>
	Bench to be used by student with allergen to be wiped down before food preparation	Food Tech Teacher	<input type="checkbox"/>

Exposure to Allergens in the science class / laboratory	No egg, milk or cereal packet to be used in classes with students with Anaphylaxis	Science Teacher	<input type="checkbox"/>
	Hidden allergens used in Science classes checked	Science Teacher	<input type="checkbox"/>
Exposure to Allergens at the Cafe	School Cafe staff will have accredited anaphylaxis training and be aware of cross contamination of allergens	Cafe staff	<input type="checkbox"/>
	Volunteers will be briefed regarding students with allergies	Cafe staff	<input type="checkbox"/>
	Students at risk of anaphylaxis will have their photo displayed in the Cafe noting the allergy	School Nurse	<input type="checkbox"/>
	Cafe menu list in homerooms to show list of included allergens	Cafe Staff	<input type="checkbox"/>
	Introduce allergen friendly foods at the Cafe e.g. fruit salad, egg and dairy free bakery items	Cafe staff	<input type="checkbox"/>
Exposure to Allergens at special functions i.e. Formal or Graduation	Parent/guardian to indicate child's allergy/anaphylaxis on all special functions forms.	Parent/guardian	<input type="checkbox"/>
	Student provided with alternative menu by provider	Organising Teacher	<input type="checkbox"/>
	Student's Formal Partners forms to be checked for medical concerns and dietary requirements	Organising Teacher	<input type="checkbox"/>
Exposure to Allergens on excursions	Parent/guardian to indicate child's allergy/anaphylaxis on all excursion forms	Parent/guardian	<input type="checkbox"/>
	The student's EpiPen®, Action Plan, a school mobile and generic school EpiPen® must be taken on all excursions	Organising Teacher	<input type="checkbox"/>
	Student will be provided with alternative meal, allergen free (If that is part of the excursion)	Organising Teacher	<input type="checkbox"/>
Exposure to Allergens on Camps for Yr7 and Yr9, Community Service and Study Tours	Parent/guardian to indicate child's allergy/anaphylaxis on all, camp, community service and study tour material	Parent/guardian	<input type="checkbox"/>
	A risk management assessment for camp/study tour must be undertaken. Camp personnel should be consulted.	Head of Operations, Discovery Learning Co-ordinator, Health Centre Staff, Parent/guardian and Student	<input type="checkbox"/>
	Outcomes of Risk Management Plan must be relayed to and supported by camp personnel	Discovery Learning Co-ordinator	<input type="checkbox"/>
	Students allowed to bring own food and eating utensils	Parent/guardian	<input type="checkbox"/>
	The students are to bring 2 EpiPen®s (home one included) and carry one on her person AT ALL TIMES	Parent/guardian/ Student	<input type="checkbox"/>
	General use EpiPen® taken on camp/study tour	Discovery Learning Co-ordinator	<input type="checkbox"/>

	All school staff on camp will have anaphylaxis training and priority will be given to students with anaphylaxis to be placed in groups with trained teacher	School Nurse/ Discovery Learning Co-ordinator	<input type="checkbox"/>
	EpiPen® will be accessible at all times	Discovery Learning Co-ordinator	<input type="checkbox"/>
Creative Arts, Sports, Co-curricular events	Nominated First Aid personal attend event EpiPen@s brought All staff present aware where EpiPen@s and High Risk Students' Plans are being kept on the day	Nominated First Aid Person/ School Nurse	<input type="checkbox"/>
Other			<input type="checkbox"/>
<p>The document 'Strategies to Avoid Allergens' has been developed with my knowledge and input, and will be reviewed annually or when my daughter's allergy changes.</p> <p>I understand that is my responsibility, as a parent/guardian, to ensure that I discuss these strategies with my daughter's medical practitioner to ensure that they are appropriate to her condition before signing below.</p> <p>I also understand that I must inform the school, in writing, if my daughter's condition changes or if other strategies must be undertaken by the school.</p>			



ascia
australasian society of clinical immunology and allergy
www.allergy.org.au

ACTION PLAN FOR Allergic Reactions

Name: _____

Date of birth: _____

Photo

Confirmed allergens:

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by medical or nurse practitioner:

I hereby authorise medications specified on this plan to be administered according to the plan

Signed:

Date: _____

Action Plan due for review: _____

Note: This ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens

For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adrenaline (epinephrine) autoinjector instructions

Instructions are also on the device label

Note: All EpiPens should be held in place for 3 seconds regardless of instructions on device label

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy - freeze dry tick and allow to drop off
- Stay with person and call for help
- Give other medications (if prescribed).....
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- | | |
|---|--|
| <ul style="list-style-type: none"> Difficult/noisy breathing Swelling of tongue Swelling/tightness in throat Wheeze or persistent cough | <ul style="list-style-type: none"> Difficulty talking and/or hoarse voice Persistent dizziness or collapse Pale and floppy (young children) |
|---|--|

ACTION FOR ANAPHYLAXIS

- 1 Lay person flat - do NOT allow them to stand or walk**
 - If unconscious, place in recovery position
 - If breathing is difficult allow them to sit
- 


- 2 Give adrenaline (epinephrine) autoinjector if available**
 - 3 Phone ambulance - 000 (AU) or 111 (NZ)**
 - 4 Phone family/emergency contact**
 - 5 Transfer person to hospital for at least 4 hours of observation**
- If in doubt give adrenaline autoinjector**
- Commence CPR at any time if person is unresponsive and not breathing normally**

ALWAYS give adrenaline autoinjector FIRST if available, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: Y N

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