



## **Anaphylactic Shock Procedure**

### **Including Early Years Foundation Stage**

Date of review: December 2017

Next review date: December 2019

Reviewed by: Mrs Lane School Nurse

Anaphylaxis is a severe allergic reaction which affects the whole body. This can happen either as an instant response to an allergen or as a delayed response. Anaphylactic shock occurs because the body's immune system reacts inappropriately in response to the presence of a substance that it wrongly perceives as a threat. Symptoms are caused by the sudden release of chemical substances, including histamine, from cells in the blood and tissues. The release is triggered by the interaction between an allergic antibody and an allergen and is so sensitive that minute quantities of the allergen can cause a reaction.

The common causes of an anaphylactic reaction are peanuts, milk, eggs, shellfish, fish, sesame seeds, wasp/bee stings, latex and medication. Not an exhaustive list.

All students who are known to suffer anaphylaxis have an individual care plan with medical information kept on Simms, in the staff room. The Catering staff are informed of any allergies. Students should carry their adrenaline pens with them but spare ones are available by Reception along with any anti-histamine medication (Priton or Cetrizine). The Adrenalin pens are prescribed by a doctor for individual students use only. The Senior and Prep school hold a generic adrenalin pen which is for anyone that is known to have their own.

All teaching staff are taught annually on the use of adrenalin pens.

## Symptoms of an anaphylactic reaction

- generalised flushing of skin
- nettle rash (hives) anywhere on the body
- sense of impending doom
- swelling of throat and mouth
- difficulty in swallowing or speaking
- alterations in heart rate
- severe asthma
- abdominal pain, nausea and vomiting
- sudden feeling of weakness (drop in blood pressure)
- collapse and unconsciousness

## Treatment

If you notice these symptoms and you think someone is having an allergic reaction then you need to get emergency help to get them to hospital as fast as you can (even if the symptoms are mild or have stopped).

- Dial 999 or 112 straight away. Tell them you think someone is having a severe allergic reaction and give any information you have on what may have triggered it (e.g. an insect sting, a certain food for example: peanuts, fish, eggs).
- If the person knows what their allergy is, they may have medication with them, like an auto-injector (for example Epipen®, JEXT® or Emerade®). This is a pre-filled injection device, containing adrenaline/epinephrine, which when injected can help reduce the body's allergic reaction. Check if they have one, and if they do, help them to use it or do it yourself following the instructions.
- Help them into a comfortable sitting position, leaning forward slightly, to help their breathing.
- If they become unresponsive, open their airway and check breathing, if breathing place in recovery position or if not breathing start CardioPulmonary Resuscitation

(Source: St Johns Ambulance website 2016.)