

# What Is Anaphylaxis?

- Life threatening reaction.
- May occur 2-4 hrs after contact with allergen.
- How a reaction begins does not necessarily tell you that anaphylaxis will or will not occur.

# What Happens to the Body During an Anaphylactic Reaction?

- The immune system recognizes the allergen as an enemy invader.

# Sensitization

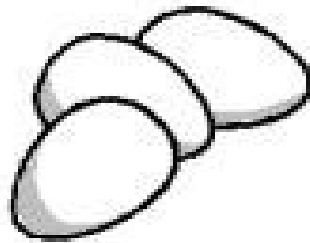
- Begins with first exposure.
- Process may take days, weeks, or months to develop.
- When sensitization is complete , even a tiny amount of allergen can create symptoms.



# Reaction

- Hives
- Swelling
- Itching
- Red Rash
- Nausea
- Vomiting
- Diarrhea
- Cough
- Itching or Swelling of Lips
- Difficulty Swallowing
- Tightness in Chest
- Wheezing
- Shortness of Breath
- Shock
- Feeling of Doom

# Common Food Allergens



# Insects



# Drugs / Latex



# There is no way to predict how a reaction will develop.

- Mild reactions go away quickly after medication is administered.
- Reactions may grow from mild to severe within minutes.
- Some reactions may improve after medication, but will come back within hours and be more severe.



# New England Journal of Medicine Study of Anaphylactic Reactions

- Mild symptoms developed in 1-5 mins. after ingestion severe symptoms developed 12-130mins later.
- 5 of 6 fatal reactions studied occurred in public places.
- 4 of 6 cases studied occurred in schools.
- In both fatal and near fatal groups, parents were present.

# How do we treat an anaphylactic reaction?



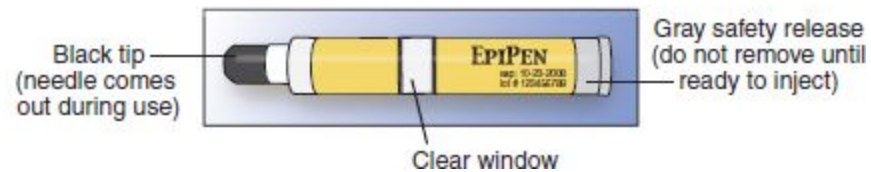
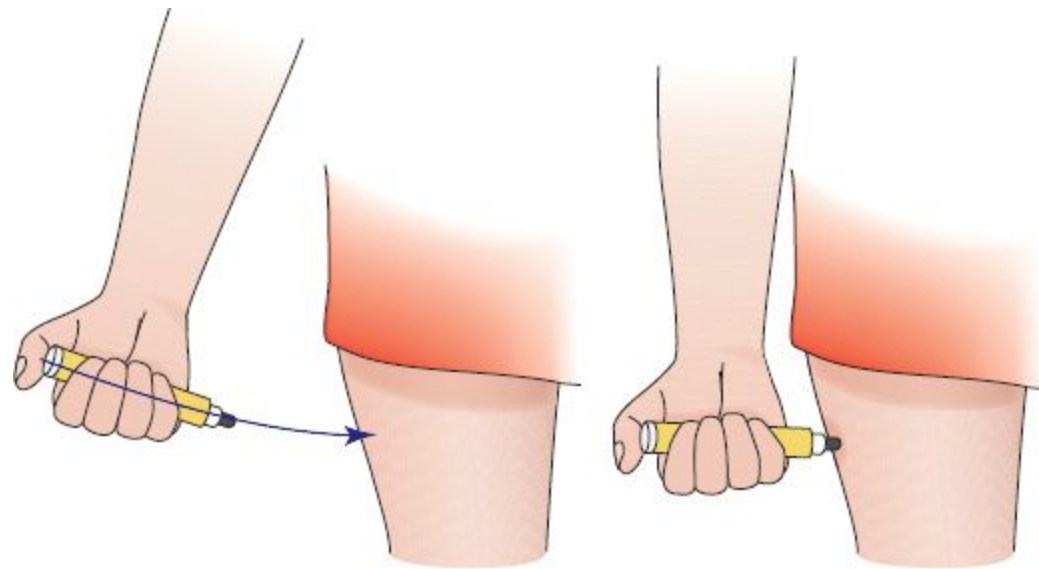
# Epinephrine

- Inhibits the release of histamine.
- Relieves bronchospasm and reduces congestion and swelling in the lungs.

# Study

- The principle variable between the fatal and non-fatal reactions appears to be how quickly medication was administered and professional help became available.
- None of the patients who died received epinephrine before their severe respiratory symptoms developed.

# The Epi-Pen is designed to be easy to use.



# Epi-Pen Demonstration

off the gray safety cap.

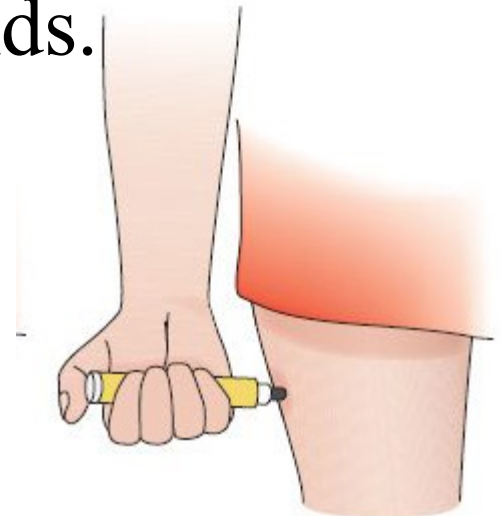
Place black tip on outer thigh.

Push Epi- Pen auto injector against the thigh until you hear a click.

Hold in place for ten seconds.

Discard unit.

Massage area for about 10 seconds.



# Side Effects of Epinephrine

- Blanching of skin at injection site.
- Paleness
- Vomiting
- Increased heart rate
- Headache
- Tremors
- Restlessness
- Apprehension



# What if I give an unnecessary dose?

- In a normally healthy child an “unnecessary” dose of epinephrine should have no prolonged significant side effects.
- Quick treatment is the safest approach even if it might be unnecessary.
- Most parents and doctors prefer you err on the side of caution when treating an allergic reaction.

# Return Demonstration

# The Three R's for Handling an Allergic Reaction

- **Recognize** the symptoms
- **React Quickly**
- **Review** what caused the reaction and how well the emergency plan worked.

# Food Allergy

Individuals with a food allergy and a diagnosis of asthma are most at risk of dying of a severe allergic reaction.

# High Risk Foods

- Chili
- Home -made desserts
- Egg rolls
- Salsa
- Barbeque sauce
- Designer jelly beans
- Birdseed
- Animal food pellets
- Bean bags with peanut shells
- European chocolates
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- nougat

# Cross Contamination

- Label may read, “ Manufactured on equipment that processes products containing peanuts and other nuts.”
- Cookies, candies, cereal, chocolate, ice cream, dried soups and nut butters.

# The Teachers Role



- Question parent thoroughly, they are usually experts.
- Make adjustments to lesson plans.
- Have a substitute teacher plan.
- Inform parent volunteers.
- Use non-food items for rewards.
- No food sharing policy.
- Create class awareness.
- Weekly reminder to parents.
- No peanut products in the classroom.
- No homemade treats.

**Confidentiality**



# The Rehabilitation Act of 1973, Section 504

- ...to prohibit discrimination on the basis of disability in education or employment in any program or institution receiving federal funds, and to ensure that students with handicaps or disabilities receive a free and appropriate public education.

# The Rehabilitation Act of 1973, Section 504

- “No otherwise qualified individual with handicaps in the United States... shall solely by reason of her or his disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance...”

# Individuals with Disability Act

- “ to ensure that children who have a disability and whose disability interferes with educational progress receive services and necessary accommodations to allow them to benefit from their educational program.”

# 3 R's of Treating an Allergic Reaction

- **Recognize** the symptoms.
- **React** quickly.
- **Review** what caused the reaction and how well the emergency plan worked.

# Peanut Allergies

