



**Guidelines for pupils with a severe allergy
who carry an auto- injector**

JEXT EPI-PEN EMERADE

When in school pupils are expected to carry their auto-injector at all times.

A pupil with a severe allergy will be on the Medical Emergency List ensuring their Housemaster and teachers are aware of their medical condition.

All pupils will keep a spare auto-injector in House in a location which is known to all staff and students and is easily accessible.

A training session is given to House and teaching staff explaining symptoms of an anaphylactic reaction and the stages and procedures for the administration of medication. Volunteer House and teaching staff will have agreed to administer the medication in the unlikely event of the pupil having an allergic reaction.

Further advice is available from the Medical Centre at any time and updates will be given annually.

If the pupil is to be away from the school campus, the teacher in charge of the trip will be responsible for ensuring that there is a member of staff accompanying them who is trained in the recognition and treatment of a severe allergic reaction.

Catering staff are aware of pupils with a food allergy and will ensure all foods containing nuts or nut products are clearly labelled.

Should a pupil show signs of a mild- moderate allergic reaction:

Swollen lips, face or eyes
Itchy / tingling mouth
Hives or itchy skin

ABSENCE OF BREATHING PROBLEMS

Contact the Medical Centre and give an antihistamine as per the care plan and / or escort the pupil over where they will be assessed by a nurse and the appropriate treatment given.

Outside Medical centre opening hours ring 555 for advice.

Administration of an antihistamine would normally be given.

If the pupil has a salbutamol inhaler this may be used.

Should the pupil show signs of an anaphylactic reaction:

SUDDEN ONSET AND RAPID PROGRESSION OF SYMPTOMS:

Airway – Persistent cough, hoarse voice, difficulty swallowing, swollen tongue

Breathing – Difficult or noisy breathing, wheeze or persistent cough

Consciousness – Persistent dizziness/ pale or floppy, suddenly sleepy, collapse unconsciousness

1. Lie the pupil flat , unless breathing is difficult allow them to sit
2. Give auto- injector
3. Dial 999 / contact the Medical Centre on 555

Should this occur away from the school campus the Medical Centre will not be contacted, instead a member of staff will call an ambulance stating that it is an emergency and that you have a case of anaphylaxis (pronounced ANA-FIL-AXIS). Someone will stay with the pupil at all times.

The auto-injector will be administered into the outer side of the thigh, midway between the knee and the hip. This can be done through clothing. The administration of this medication is safe for the pupil and even if it is given through a misdiagnosis it will do no harm.

The auto-injector will be placed safely in a rigid container and given to ambulance staff. Following the administration of adrenaline, via the auto-injector the pupil will be taken to hospital.

If no improvement in the pupil's condition is seen, a further injection can be given after 5 minutes while awaiting an ambulance.

Staff will observe the pupil's condition and be prepared to commence CPR.

Staff will inform parents of the situation by telephone.

The Medical Centre will also be informed if this occurs away from school.

Note - national guidance now advises that two auto injectors be carried by anyone with a severe allergy.

After discussion with the school doctor Oakham pupils will carry one injector and have a second available in House. When away from school for sport or on a trip the second injector must also go with them.

Guide to Using Your EpiPen® and Trainer Pen

Using your **EpiPen®** is easy, especially if you practise using your Trainer Pen. Familiarise yourself with these simple steps and watch the demonstration video so you are clear about what to do in an emergency.

There is no need to remove clothing to use your **EpiPen®**, but make sure the orange end will not hit buckles, zips, buttons or thick seams on your clothes.

To remove **EpiPen®** from the carry case. Flip open the lid on the carry case. Tip the carry case and slide the **EpiPen®** out of the carry case.

Lie down with your legs slightly elevated to keep your blood flowing or sit up if breathing is difficult.



Each **EpiPen®** can only be used once. If symptoms don't improve, you can administer a second **EpiPen®** after 5-15 minutes

Jext®: Instructions for use



Grasp the Jext® injector in your hand with your thumb closest to the yellow cap. Pull off the yellow cap.



Place the black tip against outer thigh, holding the injector at a right angle to the thigh.

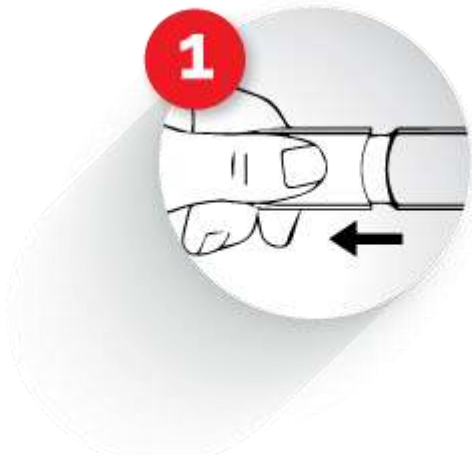


Push the black tip firmly into your outer thigh until you hear a 'click' then keep it pushed in. Hold in place for 10 seconds (a slow count to 10) then remove.

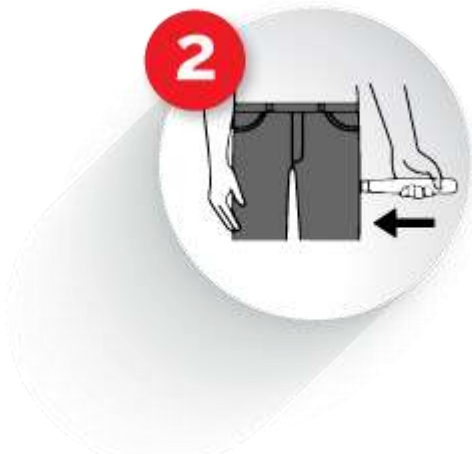


Massage the injection area for 10 seconds. (dial 999, ask for an ambulance and say 'anaphylaxis')

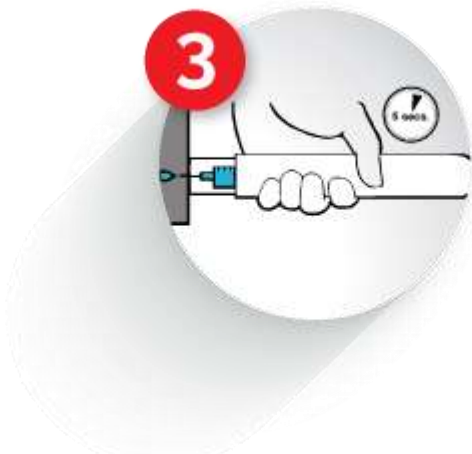
HOW TO USE YOUR EMERADE



REMOVE NEEDLE SHIELD



PRESS AGAINST THE OUTER THIGH



HOLD FOR 5 SECONDS

Massage the injection site gently, then call 999, ask for an ambulance stating "Anaphylaxis"

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