

Anaphylaxis is a severe and sometimes sudden allergic reaction which is potentially life threatening. It can occur when a person is exposed to an allergen (such as food or an insect sting). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more. Anaphylaxis should always be treated as a medical emergency, requiring immediate treatment. Most cases of anaphylaxis occur after a person is exposed to the allergen to which they are allergic, usually a food, insect sting or medication. Any anaphylactic reaction always requires an emergency response.

Purpose

We aim to minimise the risk of an anaphylactic reaction occurring at our Centre by implementing risk minimisation strategies and ensuring all staff members are adequately trained to respond appropriately and competently to an anaphylactic reaction. We also aim to ensure that the risk of children with known allergies coming into contact with allergens is eliminated or minimised.

Our Centre has a legal responsibility to take reasonable steps to provide

- a) A safe environment for children free of foreseeable harm and
- b) Adequate supervision of children

Our focus is keeping children safe and promoting the health, safety and wellbeing of children attending our Centre. Staff members, including relief staff, need to be aware of children at the Centre who suffer from allergies that may cause an anaphylactic reaction. Management will ensure all staff are aware of children's Medical Management Plan and Risk Management Plans.

Background:

The most common allergens in children are:

- Peanuts
- Eggs
- Tree nuts (e.g. cashews)
- Cow's milk
- Fish and shellfish
- Wheat
- Soy
- Sesame
- Certain insect stings (particularly bee stings)

The key to the prevention of anaphylaxis and response to anaphylaxis within the Centre is awareness and knowledge of those children who have been diagnosed as at risk, awareness of allergens that could cause a severe reaction, and the implementation of preventative measures to minimise the risk of exposure to those allergens. It is important to note however, that despite implementing these measures, the possibility of exposure cannot be completely eliminated. Communication between the Centre and families is vital in understanding the risks and helping children avoid exposure.

Adrenaline given through an adrenaline autoinjector (such as an EpiPen[®] or Anapen[®]) into the muscle of the outer mid-thigh is the most effective first aid treatment for anaphylaxis.

Implementation:

We will involve all educators, families and children in regular discussions about medical conditions and general health and wellbeing throughout our curriculum. The Centre will adhere to privacy and confidentiality procedures when dealing with individual health needs, this includes having families sign a permission form to display the child's Action Plan in prominent positions within the Centre.



A copy of all medical conditions policies will be provided to all educators and volunteers and families of the Centre. It is important that communication is open between families and educators to ensure appropriate management of anaphylactic reactions are effective.

It is imperative that all educators and volunteers at the centre follow a child's Medical Management Plan in the event of an incident related to a child's specific health care need, allergy or medical condition.

Management, Nominated Supervisor/ Certified Supervisor will ensure:

- All parents/guardians are asked as part of the enrolment procedure, and prior to their child's attendance at the Centre, whether the child has allergies and document this information on the child's enrolment record. If the child has severe allergies, the parents/guardians are required to provide a medical management action plan signed by a Registered Medical Practitioner
- That all staff members have completed ACECQA approved first aid training at least every 3 years and this is recorded with each staff member's certificate held on the Centre's premises
- that at least one educator who has completed an anaphylaxis management training approved by the Education and Care Services National Regulations is in attendance whenever children are being educated and cared for by the Centre
- That all staff members have completed anaphylaxis management training approved by the Education and Care Services National Regulations at least every two (2) years
- that all staff members, whether or not they have a child diagnosed at risk of anaphylaxis undertakes training in the administration of the adrenaline auto-injection device and cardio- pulmonary resuscitation every 12 months, recording this in the staff records
- that all staff members are aware of symptoms of an anaphylactic reaction, the child at risk of anaphylaxis, the child's allergies, anaphylaxis action plan and EpiPen® / Anapen® kit
- That educators and staff members are able to respond immediately to any emergency
- That a copy of this policy is provided and reviewed during each new staff member's induction process
- A copy of this policy is provided to the parent or guardian of each child diagnosed at risk of anaphylaxis at the Centre
- That updated information, resources, and support for managing allergies and anaphylaxis are regularly provided for families
- That all management and staff remain up to date with changes to individual children's action plans
- The Centre receives an up to date copy of the action plan every 12 to 18 months or if changes have occurred to the child's diagnosis or treatment.

In centres where a child diagnosed at risk of anaphylaxis is enrolled the Nominated Supervisor shall also:

- Conduct an assessment of the potential for accidental exposure to allergens while the child/children at risk of anaphylaxis are in the care of the Centre and develop a risk minimisation plan for the Centre in consultation with staff and the families of the child/children.
- Ensure that a child who has been prescribed an adrenaline auto-injection device is not permitted to attend the Centre without the device
- Display an Australasian Society of Clinical Immunology and Allergy Inc. (ASCIA) *Action Plan for Anaphylaxis 2020 (RED)* for each child with a diagnosed risk of anaphylaxis in key locations at the Centre, for example, in the child's room, the staff room, kitchen, and / or near the medication cabinet
- Ensure that a child's individual anaphylaxis medical management action plan is signed by a Registered Medical Practitioner and inserted into the enrolment record for each child. This will outline the allergies and describe the prescribed medication / treatment for that child and the circumstances in which the medication should be used
- Ensure that a complete auto-injection device kit (which must contain a copy the child's anaphylaxis medical management action plan) is provided by the parent/guardian for the child while at the Centre
- Ensure that all staff responsible for the preparation of food are trained in managing the provision of meals for a child with allergies, including high levels of care in preventing cross contamination during storage, handling,



preparation, and serving of food. Training will also be given in planning appropriate menus including identifying written and hidden sources of food allergens on food labels

- Ensure that a notice is displayed prominently in the main entrance of the Centre stating that a child diagnosed at risk of anaphylaxis is being cared for or educated at the Centre, and providing details of the allergen/s
- ensure that all relief staff members in the Centre have completed training in anaphylaxis management including the administration of an adrenaline auto-injection device, awareness of the symptoms of an anaphylactic reaction and awareness of any child at risk of anaphylaxis, the child's allergies, the individual anaphylaxis medical management action plan and the location of the auto-injection device kit
- Implement the communication strategy and encourage ongoing communication between parents/guardians and staff regarding the current status of the child's allergies, this policy and its implementation
- Display an Emergency contact card by the telephone
- Ensure that all staff in the Centre know the location of the anaphylaxis medical management plan and that a copy is kept with the auto-injection device kit
- Ensure that a staff member accompanying children outside the Centre carries a copy of the anaphylaxis medical management action plan with the auto-injection device kit.
- Provide information to the Centre community about resources and support for managing allergies and anaphylaxis

Educators will:

- Ensure that a current anaphylaxis medical management action plan signed by the child's Registered Medical Practitioner and a complete auto-injection device kit (which must contain a copy the child's anaphylaxis medical management action plan) is provided by the parent/guardian for the child while at the Centre
- Ensure a copy of the child's anaphylaxis medical management Action Plan is visible and known to staff, visitors, and students in the Centre.
- Follow the child's anaphylaxis medical management Action Plan in the event of an allergic reaction, which may progress to anaphylaxis
- Practice the administration procedures of the adrenaline auto-injection device using an auto-injection device trainer and 'anaphylaxis scenarios' on a regular basis, preferably quarterly
- Ensure the child at risk of anaphylaxis only eats food that has been prepared according to the parents' or guardians' instructions
- Ensure tables and bench tops are washed down effectively before and after eating
- Ensure all children wash their hands upon arrival at the Centre and before and after eating
- Increase supervision of a child at risk of anaphylaxis on special occasions such as excursions, incursions, parties, and family days
- Ensure that the auto-injection device kit is:
 - Stored in a location that is known to all staff, including relief staff;
 - NOT locked in a cupboard
 - Easily accessible to adults but inaccessible to children
 - Stored in a cool dark place at room temperature
 - NOT refrigerated
 - Contains a copy of the child's medical management plan
- Ensure that the auto-injection device kit containing a copy of the anaphylaxis medical management action plan for each child at risk of anaphylaxis is carried by a staff member accompanying the child when the child is removed from the Centre e.g. on excursions that this child attends.
- Regularly check and record the adrenaline auto-injection device expiry date. (The manufacturer will only guarantee the effectiveness of the adrenaline auto-injection device to the end of the nominated expiry month).

In the event that a child suffers from an anaphylactic reaction the Centre and staff will:



- Follow the child's anaphylaxis action plan
- Call an ambulance immediately by dialling 000
- Commence first aid measures
- Record the time of administration of adrenaline autoinjector
- If after 5 minutes there is no response, a second adrenaline autoinjector should be administered to the child if available
- Contact the parent/guardian when practicable
- Contact the emergency contact if the parents or guardian cannot be contacted when practicable
- Notify the regulatory authority within 24 hours.

Families will:

- Inform staff at the child's Centre, either on enrolment or on diagnosis, of their child's allergies
- Provide staff with an anaphylaxis medical management Action Plan giving written consent to use the auto-injection device in line with this action plan and signed by the Registered Medical Practitioner
- Develop an anaphylaxis risk minimisation plan in collaboration with the Nominated Supervisor and other Centre staff
- Provide staff with a complete auto-injection device kit
- Maintain a record of the adrenaline auto-injection device expiry date so as to ensure it is replaced prior to expiry
- Assist staff by offering information and answering any questions regarding their child's allergies
- Communicate all relevant information and concerns to staff, for example, any matter relating to the health of the child
- Comply with the Centre's policy that a child who has been prescribed an adrenaline auto-injection device is not permitted to attend the Centre or its programs without that device
- Read and be familiar with this policy
- Identify and liaise with the nominated staff member primarily caring for their child
- Bring relevant issues to the attention of both staff and the Approved Provider
- Notify the centre if their child has had a severe allergic reaction while not at the centre- either at home or at another location
- Notify staff of any changes to their child's allergy status and provide a new anaphylaxis action plan in accordance with these changes
- Provide an updated action plan every 12 months or if changes have been made to the child's diagnosis

Educating Children

- Educators will talk to children about foods that are safe and unsafe for the anaphylactic child. They will use terms such as '*this food will make _____ sick*', '*this food is not good for _____*', and '*_____ is allergic to that food*'.
- Staff will talk about signs and symptoms of allergic reactions to children (e.g. itchy, furry, or scratchy throat, itchy or puffy skin, hot, feeling funny).
- With older children, staff will talk about strategies to avoid exposure to unsafe foods, such as taking their own plate and utensils, having the first serve from commercially safe foods, and not eating food that is shared
- Educators and staff will include information and discussions about food allergies in the programs they develop for the children, to help children understand about food allergy and encourage empathy, acceptance and inclusion of the allergic child

Reporting Procedures

After each emergency situation the following will need to be carried out:

- Staff members involved in the situation are to complete an *Incident, Injury, Trauma and Illness Report*, which will be countersigned by the Nominated Supervisor of the Centre at the time of the incident
- Ensure the parent or guardian signs the *Incident, Injury, Trauma and Illness Report*
- If necessary, a copy of the completed form will be sent to the insurance company
- A copy of the *Incident, Injury, Trauma and Illness Report* will be placed in the child's file



- The Nominated Supervisor will inform the Centre management about the incident
- The Nominated Supervisor or the Approved Provider will inform Regulatory Authority of the incident within 24 hours as per regulations
- Staff will be debriefed after each anaphylaxis incident and the child's individual Anaphylaxis medical action plan evaluated, including a discussion of the effectiveness of the procedure used.
- Staff will discuss the exposure to the allergen and the strategies that need to be implemented and maintained to prevent further exposure.

Risk Minimisation Plan

In consultation with parents/guardian and educator, and risk minimisation plan will be implemented to help protect the child diagnosed at risk of Anaphylaxis from accidental exposure to food allergies.

Communication Plan:

A communication Plan will be developed and implemented to encourage ongoing communication between parents/guardians and the educators regarding the current status of the child's health and dietary needs. This will be conducted three monthly or when needed.

Contact details for resources and support:

- [Australasian Society of Clinical Immunology and Allergy](#) (ASCIA) provide information on allergies. Their sample Anaphylaxis Action Plan can be downloaded from this site. Contact details for Allergists may also be provided. Important information: The ASCIA Action Plan for Anaphylaxis must be completed by a medical practitioner.
- <https://www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis>
- Current ASCIA Action Plan are the 2020 versions, however previous versions (2018 and 2017) are still valid for use throughout 2020. There are two types of ASCIA Action Plans for Anaphylaxis:
- ASCIA Action Plan 2020 (**RED**) are for adults or children with medically confirmed allergies, who have been prescribed adrenaline autoinjectors.
- ASCIA Action Plan for Allergic Reactions (**GREEN**) is for adults or children with medically confirmed allergies who have not been prescribed adrenaline autoinjectors.
- A new ASCIA First Aid Plan for Anaphylaxis (**ORANGE**) EpiPen and Generic versions has replaced other versions of the action plans.
- [Allergy & Anaphylaxis Australia](#) is a non-profit support organisation for families with food anaphylactic children. Items such as storybooks, tapes, auto-injection device trainers and other resources are available for sale from the Product Catalogue on this site. Allergy & Anaphylaxis Australia also provides a telephone support line for information and support to help manage anaphylaxis: Telephone 1300 728 000.
- [Royal Children's Hospital Anaphylaxis Advisory Support Line](#) provides information and support about anaphylaxis to school and licensed children's services staff and parents. Telephone 1300 725 911 or Email:carol.whitehead@rch.org.au

Additional Information

The following links have been provided so you can research and adjust your policy to align with your own state governments requirements.

VICTORIA (VIC)

www.education.vic.gov.au/childhood/parents/health/Pages/anaphylaxis.aspx (Search for 'anaphylaxis')

<https://www.education.vic.gov.au/childhood/providers/regulation/Pages/anaphylaxis.aspx>



Source: ASCIA Action Plans, Treatment Plans, & Checklists for Anaphylaxis and Allergic Reactions: <https://www.allergy.org.au/hp/ascia-plans-action-and-treatment> Australian Children’s Education & Care Quality Authority. (2014). Early Childhood Australia Code of Ethics. (2016). Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2020). Guide to the National Quality Standard. (2017). National Health and Medical Research Council. (2012) (updated June 2013). *Staying healthy: Preventing infectious diseases in early childhood education and care services*. Revised National Quality Standard. (2018).

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National Quality Standard – NQS		
Quality Area 2: Children’s Health and Safety		
2.1.1	Wellbeing and comfort	Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s needs for sleep, rest and relaxation
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practiced and implemented
Education and Care Service National Regulations		
77	Health, hygiene and safe food practices	
79	Service providing food and beverages	
85	Incident, injury, trauma and illness policies and procedures	
86	Notification to parents of incident, injury, trauma and illness	
87	Incident, injury, trauma and illness record	
90	Medical conditions policy	
90(1)(iv)	Medical Conditions Communication Plan	
92	Medication record	
93	Administration of medication	
94	Exception to authorisation requirement—anaphylaxis or asthma emergency	
95	Procedure for administration of medication	
136	First aid qualifications	
162	Health information to be kept in enrolment record	
168	Education and care service must have policies and procedures	
170	Policies and procedures to be followed	
173	Prescribed information to be displayed	
174	Time to notify certain circumstances to Regulatory Authority	
Early Years Learning Framework		
Learning Outcome 3 - Children have a strong sense of wellbeing		
Children are happy, healthy, safe and connected to others.		
Educators promote continuity of children’s personal health and hygiene by sharing ownership of routines and schedules with children, families and the community		
Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all		



