

242 MANAGEMENT OF STUDENTS WITH FOOD ANAPHYLAXIS

The primary goal of this policy is to reduce the risk of exposure of students with food allergies to potentially life threatening allergens. It is recognized that it is impossible to completely eliminate allergens in the school environment however, education and planning are key to establishing and maintaining a safe school environment for all students. Prevention of allergy symptoms involves coordination and cooperation between the school, parents, students and health care professionals. Early recognition of symptoms and prompt interventions of appropriate therapy are vital to survival.

THE RIGHTS OF FOOD-ALLERGIC STUDENTS UNDER SECTION 504

Oasis Academy promotes and facilitates educational opportunities for students who, as a result of health conditions or disabilities such as food allergy and anaphylaxis, require reasonable accommodations while attending Oasis Academy and during Oasis Academy sponsored activities.

Students eligible for special education services under the Individuals with Disabilities Education Act (IDEA), and student who qualify for accommodations under the Rehabilitation Act (504), are entitled to receive “Free and Appropriate Public Education” (FAPE), the same as regular education students.

The medical needs of such students must be addressed to determine whether it is safe for such students to attend school in the regular education environment and to ensure that such students are in fact receiving a FAPE.

DEFINITIONS

Allergies

People with allergies have over-reactive immune systems that target and react to otherwise harmless substances in food or the environment. Food allergies are defined by an immune response triggered by food proteins. A substance that elicits an allergic response in an individual is called an “allergen.” The severity of a reaction depends upon how sensitive an individual is and the quantity of the allergen consumed.

When a susceptible individual is exposed to a food allergen, the immune system reacts by releasing chemical “mediators” such as histamine. These chemical mediators trigger mild to severe inflammatory reactions in the tissues of the skin (itching, hives, rash), the respiratory system (cough, difficulty breathing, wheezing), the gastrointestinal tract (vomiting, diarrhea, abdominal pain), and/or the cardiovascular system (decreased blood pressure, heartbeat irregularities, shock).

Anaphylaxis

When the symptoms of allergy develop rapidly, are severe and wide-spread, and occur in one or more systems of the body, the reaction is termed “anaphylaxis.” Anaphylaxis is a life-threatening event that occurs in allergic individuals after exposure to their specific allergens. Food is the most common trigger of anaphylaxis in the general community and can be fatal if not treated immediately.

Aside from foods, other common examples of life-threatening allergens are: stinging insects, medications, and latex rubber. Anaphylaxis may also occur in association with exercise.

The most dangerous and potentially fatal symptoms of anaphylaxis include breathing difficulties and a drop in blood pressure, also called “shock.” Other symptoms may include one or more of the following:

- Hives
- Vomiting
- Diarrhea
- Stomach cramps
- Difficulty swallowing
- Wheezing
- Shortness of breath
- Change of voice (hoarse)
- Throat tightness or closing
- Coughing
- Itch lips, tongue, mouth and/or throat
- Itching (of any body part)
- Swelling (of any body part)
- Red, watery eyes
- Runny nose
- Sense of doom
- Dizziness, change in mental status
- Flushed, pale skin cyanotic (bluish) lips and mouth area

Anaphylaxis can occur immediately or up to two hours following allergen exposure. In about one third of anaphylactic reactions, the initial symptoms are followed by a delayed wave of symptoms two to four hours later. This combination of an early phase of symptoms followed by a late phase of symptoms is defined as a biphasic reaction.

PREVENTION OF FOOD ANAPHYLAXIS

For those students at risk of anaphylaxis, the most important aspect of the management in the school setting is prevention. As stated in the Nevada Nurse Practice Act, NAC 632.226, nursing services and recommendations to school staff regarding the health management of students with food allergies and other health conditions is solely within the purview of the school nurse, whose

knowledge and expertise will direct and guide all members of the team in ensuring the health and well-being of the student.

EMERGENCY RESPONSE TO FOOD ANAPHYLAXIS

The severity and explosive speed of anaphylaxis emphasizes the importance of the school nurse's role in developing an individualized Health Care Plan (HCP) for the student diagnosed with food allergies or anaphylaxis. The HCP includes important directives for school personnel such as: preventative measures; a list of common symptoms of allergies/anaphylaxis; location of rescue medications; a list of staff who has been trained to administer physician-prescribed rescue medications; and instructions for accessing Emergency Medical Services (EMS).

In the event of a severe allergic or anaphylactic reaction at school, an injection of physician-prescribed or parent/guardian provided epinephrine is the treatment of choice and should be given immediately.

It is imperative that school personnel immediately call 911 following the administration of epinephrine even if the symptoms appear to have been resolved.

THE ROLE AND RESPONSIBILITY OF SCHOOL PERSONNEL

School Administrator

Student Health and Safety

This position is vital to the well-being and academic success of the student with food allergies. The school administration will take a proactive and collaborative approach by fostering open communication between the school nurse, school staff and the student's parent/guardian; and by ensuring implementation of the individualized student HCP and 504-mediated classroom accommodations.

Including but not limited to:

- Takes a leadership role in decisions regarding communication with parents/guardians and staff about the presence in the classroom of a student with food allergies.
- As appropriate, designates "Allergy-aware" areas of the school, including the classroom and/or cafeteria, for students with food allergies and ensures that allergen-reducing cleaning solutions are used for these areas.
- Provides opportunities for the school nurse and/or other health care providers to conduct training in HCP procedures and for the training and delegation of school nurse-designated staff in the administration of medication and other specialized services.
- Collaborates with the school nurse to ensure staff compliance with Oasis Academy policies and procedures relative to prevention and emergency assistance to students with food allergies.
- Facilitates and ensures school-wide code blue and emergency preparedness plan for all areas on campus.

- Maintains student confidentiality.

School Nurse

Student Health and Safety

Including but not limited to:

- Coordinates appropriate nursing and health services for student with food allergies according to the mandates of the Nevada Nurse Practice Act: NRS 632, NAC 632, and all Oasis Academy policies.
- Develops an individualized Health Care Plan for each student diagnosed with food allergies and/or anaphylaxis, based on physician recommendations and parent input.
- Promotes the safety of the student with food allergies by disseminating the student's individualized HCP to appropriate school staff and by addressing staff questions and concerns regarding the health management of the student.
- Provides education and training of designated staff in prevention of exposure to food allergens, administration of rescue medications and appropriate response to allergic symptoms.
- Assigns, trains, and delegates the administration of physician-prescribed rescue medications to qualified school personnel.
- Implements and communicates procedures to ensure student access to rescue medications and immediate assistance for symptoms.
- Make recommendations to the team members that support the student toward self-care and independence in food allergy management.
- Maintains student confidentiality.

Classroom Teacher

Student Health and Safety

Including but not limited to:

- Carefully reviews and follows the directives of the student's HCP and contacts the school nurse for clarification as needed.
- Attends staff training conducted by the school nurse and/or other health care professionals regarding food allergy prevention and response to symptoms.
- Reviews and is familiar with the school's code blue plan, emergency communication procedures, and classroom-specific emergency actions for the student with symptoms of food allergy.
- Reports all student health events immediately to office personnel.
- Advises the school nurse in a timely manner if the parent/guardian provides updated student health information.
- Ensures that a substitute teacher is aware of a student with food allergies by placing a "Food Allergy Alert" notice and hard copy of the student HCP in a RED confidential folder which is kept in a prominent and accessible location in the classroom.

- Considers the use of non-food classroom rewards.
- Takes immediate action in accordance with the student HCP if a student reports or manifests signs of an allergic reaction.
- When working with the allergic student, avoids ingesting food or food products that contain food allergens; washes hands after eating.
- Cautions students not to share or trade food/snacks.
- Collaborates with the school nurse, school administrator, and parent in planning for the student's re-entry to school after a food allergy reaction.
- When indicated in the HCP, ensures wipe-down of classroom surfaces with approved disinfectant.
- Ensures that appropriate cleaning supplies are readily accessible in a safe and secure location.
- Informs the school nurse about other classroom personnel such as volunteers, student teachers, aides, specialists, and substitute teachers who may supervise or interact with the student.
- Maintains student confidentiality.

Classroom Volunteer

Student Health and Safety

Including but not limited to:

- Follows the classroom teacher's instructions for preventing the student's exposure to food allergens.
- Abides by the conditions established for a "Food Allergy Aware" classroom.
- In the event of an anaphylaxis emergency, remains calm and follows the classroom teacher's instructions.
- Does not offer foods to students unless cleared to do so by the classroom teacher.
- Does not insist that students try foods.
- Maintains student confidentiality.

School Office Staff

Student Health and Safety

Including but not limited to:

- Are familiar with the school's code blue plan.
- Follows the directives outlined by the school nurse in the student's HCP and contacts the school nurse immediately if questions arise.
- Knows where the student's rescue medication(s) is kept.
- Refers parent/guardian questions or concerns to the school nurse and/or school administrator in a timely manner.
- Ensures that the school nurse's phone numbers are posted in the nurse's office.

- Organizes the nurse's office so that student health information, including HCP is confidential but readily accessible.
- In collaboration with the administrator, is alert to symptoms of food allergy.
- Maintains student confidentiality.

Playground Supervisor/Specials Teachers

Student Health and Safety

Including but not limited to:

- Is familiar with the schools code blue plan, the student's HCP, and knows how to recognize symptoms of allergy.
- Knows where the student's rescue medication(s) are kept and attends trainings in medication administration.
- Immediately calls for assistance of other staff if a student is exhibiting signs of allergic reaction.
- Maintains student confidentiality.

Never allow a student with allergy symptoms to walk to the office without an adult escort.

Lunch Volunteers

Including but not limited to:

- Cleans the cafeteria tables with provided products after school meals.
- Minimizes the risk of cross-contamination between the "allergy-aware" and other cafeteria tables by using separate supplies.
- Follows the directives outlined by the school nurse in the student's HCP.
- Maintains student confidentiality.

THE ROLE OF THE PARENT/GUARDIAN

Successfully transitioning the child into school requires a partnership between the parent and a team of key school personnel that includes the administrator, school nurse, teacher, other school staff, other parents, and the child's classmates.

Student Health and Safety

- Upon registration every year, complete the "Student Health Information" form, including all updated information regarding your child's diagnosis and health status.
- Ensure that your contact information, including cell phone, home phone, work numbers, and emergency contacts are up-to-date and on-file with the school.

- Provide the school nurse with a current letter or information from your child’s allergist or physician addressing your child’s diagnosis, allergy status, and any precautions or restrictions relative to tactile, ingested or airborne exposure to foods.
- Speak with your child’s physician about prescribing an Epi-Pen and/or other rescue medications for your child to carry or keep at school.
- Prior to the start of each school year, contact your child’s physician and obtain a signed “**Consent and Request for Medication Assistance During School Hours**” for all rescue medications your child will keep or carry at school
- Ensure that all rescue medications sent with your child to school are in the original container, labeled properly, and unexpired; replace expired medication immediately.
- Contact the school nurse before the first day of school to discuss your child’s diagnosis and provide feedback about school management.
- Carefully review your child’s HCP and provide feedback to the school nurse before the school nurse sends the HCP to school personnel.
- Notify the school nurse immediately of any changes in your child’s health status.

Teach Your Child To:

- Recognize and report allergy symptoms immediately to the classroom teacher or other adult.
- Tell his/her friends what allergic symptoms look like and to find an adult immediately if symptoms occur.
- Know where the school stores his/her rescue medications.
- Act responsibly when carrying allergy medications to and from school and on campus; DO NOT share medication.
- Avoid sharing food or drinks with other students.
- Wash hands prior to and after eating.
- Tell an adult if they are experiencing teasing or bullying.
- Read food labels.
- Say “No thank you” if food is offered, and avoid taking unnecessary chances just to be part of the crowd.
- Self-administer their Epi-Pen or other medications when they experience symptoms.
- Become as independent as possible in self-managing symptoms of food allergy.

<p>Students with food allergies and anaphylaxis will, over time, develop increased independence and self-advocacy skills.</p>

APPENDIX

Procedures Following an Allergic Reaction

Students who have experienced an allergic reaction, whether at school or outside of school hours, need special consideration, including review and possible revision of both the HCP and 504 Services Plan, prior to their return to school.

The school nurse will take the leadership role to ensure the student's health and safety after a mild or moderate allergic reaction. This will require information from the school personnel or parent who witnessed the event and contact with the physician to determine whether there are changes in the student's diagnosis, activity restrictions, and/or medications.

If appropriate, the school nurse updates the HCP and instructs and/or trains school personnel in the provisions of the revised plan. In addition, the school nurse will collaborate with the 504 team to determine whether revisions to the 504 Plan are necessary.

In cases where the student has experienced a severe allergic reaction at school the school administrator, in collaboration with the school nurse and school counselor, should consider the following additional actions:

- Keep in regular touch with the parent/guardian to express concern, offer support, and inquire about the student's health status.
- Identify those who witnessed the student's allergic reaction and/or rendered emergency measures in order to obtain as much information as possible about the possible triggers and symptoms the student manifested.
- Maintain student confidentiality when providing support and/or discussing the event with the greater school community.
- Provide age-appropriate explanations to students who may have witnessed the event.
- Schedule a meeting as soon as possible to review and revise the 504 Plan as needed.
- Meet with the school staff as soon as possible to review school-wide Code Blue procedures, making modifications if necessary.
- Ensure the implementation of strategies to minimize student anxiety upon his/her return to school.

Special Considerations for Field Trips

Supervising teacher will:

- Notify the parents prior to taking the student on a field trip.
- Avoid scheduling field trips to venues that are "high risk" for allergen exposure either due to location or foods served.
- Work with docents or field trip leaders to discuss allergen exposure during tours or other scheduled activities.
- Consider ways to wash hands after eating or bring parent-provided hand wipes to the field trip.

- Ensure that prescribed rescue medications are accessible to the student at all times in a safe and secure location.
- Bring a communication device to all activities.
- Know how to contact Emergency Medical Services.
- Don't ever ignore a report of student symptoms by the student or classmates.

Treat Suggestions for Classroom Celebrations

Friendship bracelets
 Funky erasers
 Rocks
 Polished stones
 Silly Putty
 Bookmarkers
 Bubbles

Snap bracelets
 Pencils
 Decals
 Gel Pens
 Balls
 Mini flashlights
 Highlighters

Backpack charms
 Key chains
 Stickers
 Glow Sticks
 Paper airplanes
 Sunglasses
 Magnets

Recommended Cleaning Products

This link explains a study in which Formula 409, Lysol Sanitizing Wipes, and Target brand Cleaner with Bleach were compared with soap and water; it was found that these types of cleaners effectively removed allergens from surfaces.

Findings also indicate that bar soap, liquid soap, and non-detergent wipes were effective in removing allergens from hands. Hand sanitizer and plain water are NOT ACCEPTABLE for removing allergens from hands.

www.foodallergy.org

[www.jacionline.org/article/S0091-6749\(04\)01067-X/fulltext](http://www.jacionline.org/article/S0091-6749(04)01067-X/fulltext)

Legal Reference:

NRS 388.421

NRS 388.424

NRS 388.427