



Anaphylaxis Protocol

Anaphylaxis is a severe allergic reaction that has a rapid onset and may be fatal. During anaphylaxis tissues in the body release histamines that cause the airways to tighten and lead to many systemic symptoms, the most important being those that are life threatening, e.g. difficulty breathing and swallowing, systemic hives, feelings of impending doom, wheezing, decreased blood pressure and loss of consciousness. Common causes of anaphylaxis are medications (i.e. antibiotics), foods, natural rubber latex, and insect bites/stings. Cold-induced and exercise induced anaphylaxis, although rare, can also occur. Some people have anaphylactic reactions with unknown causes. (Texas School Health, 2023)

It is the position of the National Association of School Nurses (NASN) that the safe and effective management of allergies and anaphylaxis in schools requires a collaborative, multidisciplinary team approach. The registered professional school nurse (hereinafter referred to as the school nurse), is the leader in the comprehensive management approach which includes planning and coordination of care, educating staff, providing a safe environment, and ensuring prompt emergency response should exposure to life-threatening allergies occur. Furthermore, NASN supports, in states where laws and regulations allow, the maintenance of stock non-patient specific epinephrine and physician-standing orders for school nurses to administer epinephrine in life-threatening situation in the school setting.

In conjunction with Dr. Todd Bell (prescribing physician) and WISD, the school will obtain and keep epinephrine in the school nurse's office. Non-patient specific ep-pens will be kept with other epi-pens in an **unlocked**, easily accessible display of the school nurse's choosing. It should be standard practice that the school nurse will be the individual delivering epinephrine when the need arises. However, when the school nurse is unavailable or off campus, a designated staff member (assigned by the principal or Superintendent) will administer the unassigned medication. Additionally, staff education in compliance with Senate Bill 27 will be conducted annually in regards to the care of students with food allergies at risk for anaphylaxis. Each staff member will get brief overview of epinephrine administration. Additional school staff, specified by campus administration, will also be trained in CPR/First Aid, wherein, additional anaphylaxis training is conducted.

In the event that any person (student/staff member, etc) has the need of epinephrine for life saving measures, it will be standard practices at each campus that an ambulance will be called immediately. This will be non-negotiable, because of the high incidence

and necessity of repeated doses of epinephrine.

This is a standing order for the entire district in regards to any anaphylactic reaction that meets the following criteria:

- Difficulty breathing and swallowing,
 - Systemic hives
- Feelings of impending doom,
 - Wheezing,
- Decreased blood pressure
 - Loss of consciousness

If any of the above listed signs/symptoms of allergic reaction occur, immediately give epi-pen (per Rx dose, see below) and **call 911**. Any individual receiving epinephrine could potentially require subsequent doses, therefore, emergency medical personnel **MUST** be called.

(GREEN) Epi-pen Jr (0.15mg)-for persons weighing 66 pounds or less.

(YELLOW) Epi-pen (0.3mg)- for persons weighing more than 66 pounds.

