



9.5 Health Centre- Managing Moderate, Severe and Anaphylactic Allergies Policy

Pittwater House recognises that allergies may be moderate, severe and in some instances, life threatening. Anaphylaxis is a severe and sudden allergic reaction which can occur when a susceptible person is exposed to an allergen (e.g. food or insect sting). An anaphylactic reaction usually begins within minutes of exposure and can progress quickly over a period of up to two hours or more. It is a potentially life-threatening emergency and demands a rapid response.

1.1 Parental Responsibilities

- **NOTIFICATION:** It is the responsibility of the parent to notify the School that their child is at risk of an anaphylactic reaction. The School will seek information from the parents about allergies that affect their child as part of health information at enrolment, and as part of regular health updates. If the pupil is already enrolled, parents should inform the School as soon after the diagnosis as possible.
- **PROVISIONS:** The School requires the parents to supply the appropriate ASCIA (Australasian Society of Clinical Immunology and Allergy) Action Plan for their child with a photo attached. The parent may be asked to make an appointment to speak with the School Nurse to clarify allergy history and treatment. This ASCIA Action Plan should be reviewed by the student's doctor at least on a two yearly basis or in the event of any changes to treatment. Information pertaining to a student's allergies will be shared with School staff.
- The parents will also need to supply the School with any necessary emergency medications for their child (e.g. epipen and antihistamine) **prior** to commencing at school and **prior** to the previously held medication's expiry date. The School will regularly check the expiry date of emergency medication and give parents at least one month's notice prior to expiry. Failure to provide the medication &/or Action Plan in time, may result in the student being excluded from school.
- In the case of a student with multiple or unusual allergies, when food is being supplied by the school, Pittwater House may require the student/family to provide meals and snacks to ensure the student's safety. Parents may provide their child's teacher with a supply of safe snacks to reduce the likelihood of accidental exposure, for example during birthday celebrations.
- **EDUCATION:** Parents are responsible to educate their child about managing their allergy at school, including, but not limited to, identifying "safe foods" and not sharing any food from other students.

1.2 Policy

- **EPIPEN STORAGE:** The student epipens are stored in the Health Centre (or in the kitchen cupboard of the ECC for children enrolled there). Parents should make separate arrangements with providers of after school care if they attend.

Six spare generic epipens have been purchased by the School and are located at Reception, the Health Centre, with the Manager for Sport, Hospitality kitchen, the Library and the Music Cottage. These may be used if a second dose of adrenaline is required, or if the epipen of a person with known anaphylaxis cannot be accessed or if a person with unknown anaphylaxis requires adrenaline.

- **ALLERGEN EXPOSURE:** Whilst the School cannot guarantee an allergy-free environment, every reasonable effort is made to minimise the exposure of pupils at risk of an allergic reaction to known allergens within the school environment. Students are encouraged to not share food.
- Nut allergies are among the most common serious food allergies. As such, students, staff and visitors are discouraged from bringing nuts and nut products that may trigger allergic reactions. No nuts or nut products are stocked or sold at the School Canteen. However, the School cannot guarantee to eliminate all nut products at School, functions or during curricular or extra-curricular activities. Therefore, persons with severe food allergies must carefully monitor their food in these situations. All the Hunger Buster ration packs used for cadet camps are purpose built for cadets and are nut free.

- **STAFF TRAINING:**

All permanent teaching staff are required to hold current CPR and first aid qualifications:

- Provide cardiopulmonary resuscitation (CPR) (HLTAID001) valid for 12 months
 - preferably Provide an emergency first aid response in an education and care setting (HLTAID004) valid for 3 years. This qualification includes recognised training in asthma and anaphylaxis management.
 - If Provide first aid (HLTAID003) is completed staff should also complete online asthma training from the Asthma Australia website as well as completing online anaphylaxis training available on the ASCIA website including attending the Health Centre for practice with the trainer epipen. The School Nurses are available to offer informal refreshers related to emergency management of asthma including the use of disposable spacers.
- **STAFF AWARENESS:** Staff are notified via an email with photo alerts of children at risk of anaphylaxis at the beginning of the school year and as new information arises. Printouts of these photo alerts are also displayed in the Canteen, Staff Room, Hospitality Kitchen and Music Cottage; and are included in the Casual Teacher folders. The ASCIA Anaphylaxis Action Plans are displayed in the Health Centre for all students, also in their individual classrooms for Junior School students, and the ECC for those students. A copy of the student's ASCIA Action Plan is stored with their epipen.
 - **EXCURSIONS:** Before taking students offsite on excursions or to sporting events, or onsite but out of normal school hours, the Curriculum Office extracts a medical summary from the medical details on Edumate entered by parents. The Health Centre and the Supervising Teacher (MIC) are emailed this list for the students involved. The nurses liaise with the Supervising teacher to arrange collection of the necessary first aid equipment, epipens, antihistamine etc. as required.

Pittwater House is committed to student safety, and therefore has created this policy to reduce the risk that students with known allergies will have an allergy related event, and to enable timely and appropriate management should such an event occur.

Version	Revision Details	Revised by:	Authorised by:	Date:
1	Original Policy	Health Centre	Health Centre	20 Nov 2018
2	Re-numbered	Health Centre	JSW	10 June 2019