EMERGENCY TREATMENT OF ANAPHYLAXIS
RECOMMENDED EPIPEN PROTOCOL
for use in Orange County Public Schools

I. PERSONNEL
   A. The School Nurse will train, monitor, and supervise unlicensed personnel (must be CPR certified) in the administration of EpiPen Auto-Injector (EpiPen) for allergic emergencies.
   B. Designated and trained unlicensed school personnel shall serve under the indirect supervision of the credentialed school nurse.

II. GENERAL INFORMATION
   A. Anaphylaxis is serious and may be fatal. Reactions can occur immediately or up to an hour after exposure. Most often, reactions occur within the first five to ten minutes.
   B. Because severe, even fatal reactions can occur in previously unidentified students, OCDE, OCSNO and the local chapter of the American Academy of Pediatrics, strongly recommend that at least one non-designated EpiPen be kept in each school for such emergencies.
   C. EpiPen’s can be purchased by the PTA, or from the school budget to ensure the safety of all students (and/or staff).
   D. Allergic reactions are generally a hypersensitive response to a foreign substance (allergens) such as insect sting venom, certain foods, pollens, chemicals, or drugs.
   E. Reactions may range from mild to life-threatening anaphylactic shock.
   F. Allergic reactions may also be delayed and present as joint pain, achiness, and/or localized inflammation days later and should be followed-up by a physician.

III. GUIDELINES
   A. EpiPen’s prescribed by the student’s physician
      1. Keep a list of students with serious allergic reactions posted on the inside of a locked cabinet door where the EpiPen’s are stored.
      2. Parents are responsible for providing individual equipment and EpiPen’s. If no EpiPen is provided, a call to the parents or guardian should be made to clarify the seriousness of that individual’s allergic reaction.
      3. Determine that the EpiPen expiration dates will last through the school year. All should be current; shelf-life is approximately two years.
      4. EpiPen Auto Injectors come in two sizes: .3mg., yellow label for individuals over 60 pounds and 15 mg., white label for children under 60 pounds
      5. Individuals with known severe allergies should wear medical identification tags.
      6. EpiPen’s should accompany the first aid equipment when these students are on field trips and/or during athletic events.
7. Staff must be trained annually in the administration of EpiPen as an emergency procedure. All staff who are trained to administer the Epi Pen must have current CPR certification.

B. EpiPens for students without specific physician orders in the event of anaphylaxis.
   1. Purchase and keep one or more EpiPens in the medication cabinet.
   2. Once purchased be sure to register them using the “Expiration Alert” coupon on the package insert. If the data is completed EpiPen Labs will notify you prior to the expiration date of that EpiPen.
   3. Follow the “Essential Steps”

**ESSENTIAL STEPS**

1. Determine if student is anaphylactic.
   
   **KEY POINTS AND PRECAUTIONS**
   
   *When in doubt, treat as an anaphylactic reaction*

**ANAPHYLACTIC SYMPTOMS:**
May include any or many of the following

- Hives
- Dizziness
- Headache
- Coughing or sneezing
- Nausea
- Agitation
- Flushing
- Tingling
- Severe itching
- Throbbing heart beat
- Throbbing in ears
- Abdominal cramps/diarrhea
- Shock (pale, clammy)

2. Have the student sit down. Calming reduces the distribution of the allergen in the body.
   
   *If any of the following symptoms occur, Administer EPIPEN IMMEDIATELY & CALL 911*
   
   *Difficulty Breathing*
   *Difficulty Swallowing*
   *Fainting and or Collapse*
   *Convulsions*

3. Have someone notify the SCHOOL NURSE, PARAMEDICS, & PARENTS immediately.

   
   **(seconds count)**
EpiPen Administration Procedure:

a. Pull off the GRAY Safety Cap
b. Place BLACK TIP on OUTER THIGH
   Can be over the clothing.
c. Push Hard until you hear click.
d. Hold in place for 10 seconds, remove.
e. Call 911.

Student may feel heart pounding. This is normal.

NOTE: If the reaction is a result of bee, wasp, or other sting, Remove stinger ASAP, after administering EpiPen.

a. Remove stinger quickly with fingernail. Do NOT push, pinch, or squeeze, or further imbed the stinger into the skin. This may cause more venom to be injected into the child.
b. Apply covered ice pack to sting area.

Essential Steps continued.

5. Cover student with blanket. To maintain body temperature.

6. **If at any time breathing stops, INITIATE CPR IMMEDIATELY.**

7. If trained, take vital signs.
   Call physician listed on emergency card.
   When Paramedics arrive on the scene, state factually the incident, time EpiPen was administered by whom and the dose administered.

8. Parents should take their child to their physician or emergency room.
   Student follow-up care should be received immediately.

   Completing district incident report.
   Send a copy to the school nurse.
STANDING EPIPEN AUTO-INJECTOR PROCEDURE APPROVAL

SIGNATURES *

Pamela Kahn, Coordinator, Health and Wellness
OCDI

Date

District/Site School Nurse Coordinator

Date

District/Site Administrator

Date

Physician Signature

Date

*To be updated annually.

May 2010
FK