



Welcome back Risdon Vale School community to what hopes to be an amazing 2018. To our new families joining us, my name is Andrea Pereira and I am your school health nurse.

My first task is a reminder to update all medical plans for those students who have medical requirements while at school. One of our main focuses at this school is to keep your children safe. In order to do this, all medical plans e.g. Anaphylaxis, Asthma, Diabetes... are required to be updated annually by your child's medical officer, even if the management is unchanged. This ensures that we have current information on hand to keep your child safe. It is also a requirement of the Department of Education.

Please see Jo Harper at the office of myself. I am at Risdon Vale Primary School every Wednesday.

Andrea Pereira

School Health Nurse



ascia www.allergy.org.au

ACTION PLAN FOR Anaphylaxis
For EpiPen[®] adrenaline (epinephrine) autoinjector

Name: _____
Date of birth: _____

Confirmed allergies: _____

Family/emergency contact names: _____
Phone No: _____
Mobile No: _____

How to give EpiPen[®]

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Itching of mouth
- Angioedema (swelling between and under the skin)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - stop eating it
- For food allergy - stop eating it
- Stay with person and call for help
- Give EpiPen[®] or EpiPen[®] x adrenaline autoinjector
- Give other medication (if prescribed)
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficulty breathing
- Swelling of tongue
- Swelling of throat or airway
- Difficulty talking and/or hoarse voice
- Persistent dizziness or collapse
- Risk with safety (young children)

ACTION FOR ANAPHYLAXIS

- 1 Lay person flat - do NOT allow them to stand or walk. If unconscious, place in recovery position. If breathing is difficult, allow them to sit.
- 2 Give EpiPen[®] or EpiPen[®] x adrenaline autoinjector
- 3 Phone ambulance - 000 (AU) or 112 (NZ)
- 4 Phone family/emergency contact
- 5 Further adrenaline does not need to be given if no response after 5 minutes
- 6 Transfer person to hospital for at least 4 hours of observation

IF IN DOUBT GIVE ADRENALINE AUTOJECTOR

Give adrenaline (EpiPen[®]) at any time if person is unconscious and not breathing normally

ALWAYS give adrenaline autoinjector FIRST, and then Asthma Reliever (puffer) if someone with known asthma and signs to food, insect or medication has sudden breathing difficulty (swelling throat, persistent cough or hoarse voice) even if there are no skin symptoms

Adrenaline relieves medication: ☐ Y ☐ N

Asthma care plan for education and care services

CONFIDENTIAL: Contains personal and confidential information and can provide serious asthma medication. It is a document of this school and is the property of the school. Please return it to the school if you have any changes to this plan.

To be completed by the treating doctor and a parent/guardian. For students with an emergency medical condition.

PLEASE PRINT CLEARLY

Child's name: _____ Date of birth: _____

Managing an asthma attack
Call the school if asthma is not under control. Have written down anything that the child might need if they have an asthma attack.

Daily asthma management

Has child ever had asthma? ☐ Yes ☐ No

Has child ever had asthma? ☐ Yes ☐ No

Has child ever had asthma? ☐ Yes ☐ No

Has child ever had asthma? ☐ Yes ☐ No

Call the school if asthma is not under control. Have written down anything that the child might need if they have an asthma attack.

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Asthma First Aid

- 1 Sit the person upright
— Be calm and reassuring
— Do not leave them alone
- 2 Give 4 separate puffs of blue/grey reliever puffer
— Shake puffer
— Put 1 puff into spacer
— Take 4 breaths from spacer
Repeat until 4 puffs have been taken
Remember: shake, 1 puff, 4 breaths
(Use 1 dose of blue/grey reliever every 4 minutes — up to 2 more doses of reliever)
- 3 Wait 4 minutes
— If there is no improvement, give 4 more separate puffs of blue/grey reliever in spacer
(Use 1 dose of blue/grey reliever every 4 minutes — up to 2 more doses of reliever)
- 4 If there is still no improvement call emergency assistance (DIAL 000)
— Say "ambulance" and that someone is having an asthma attack
— Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives
(Use 1 dose of blue/grey reliever every 4 minutes — up to 2 more doses of reliever)

Call emergency assistance immediately (DIAL 000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma