



## Allergy Awareness Policy

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**Approved by: A&QC**

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## **Allergy Awareness Policy**

An allergy is a reaction by the body's immune system to substances that are usually harmless. The reaction can cause minor symptoms such as itching, sneezing or rashes but sometimes causes a much more severe reaction called anaphylaxis.

Anaphylaxis is a severe systemic allergic reaction. It is at the extreme end of the allergic spectrum.

The whole body is affected often within minutes of exposure to the allergen, but sometimes it can be hours later. Causes often include foods, insect stings, or drugs

This is characterised by rapidly developing life-threatening airway / breathing / circulatory problems usually associated with skin or mucosal changes.

Common UK Allergens include (but not limited to):- Peanuts, Tree Nuts, Sesame, Milk, Egg, Fish, Latex, Insect venom, Pollen and Animals.

This policy sets out how BN1 Arts will support Students with allergies, to ensure they are safe and are not disadvantaged in any way whilst taking part in college activities.

## **Role and Responsibilities**

### **Parents and Students responsibilities**

- On entry to BN1 Arts, it is the parent's/students responsibility to inform the College of any
- allergies. This information should include all previous severe allergic reactions, history of
- anaphylaxis and details of all prescribed medication.
- Parents/Students are to supply a copy of the students Allergy Action Plan to college. If they
- do not currently have an Allergy Action Plan this should be developed as soon as possible in
- collaboration with a healthcare professional e.g. GP/allergy specialist.
- Parents/Students are responsible for ensuring any required medication is supplied, in date
- and replaced as necessary.
- Parents/Students are requested to keep the college up to date with any changes in allergy

- management. The Allergy Action Plan will be kept updated accordingly.

### **Lecturer Responsibilities**

- All lecturers will complete anaphylaxis training. Training is provided for all staff on a yearly basis at the beginning of the academic year and as part of induction for any new members of staff.
- Lecturers must be aware of the Students in their care (regular or cover classes) who have
- known allergies as an allergic reaction could occur at any time and not just at mealtimes. The
- college ensures that the management information system has a note on the student record and that a list is generated and shared termly with staff via the staff training. Any food-related activities must be supervised with due caution.
- Lecturers leading College trips will ensure they carry all relevant emergency supplies. Trip
- leaders will check that all Students with medical conditions, including allergies, carry their medication. Students unable to produce their required medication will not be able to attend the excursion.
- Student Support will ensure that the up to date Allergy Action Plan is kept with the Student's medication.
- It is the parent's/students responsibility to ensure all medication is in date however Student Support will check medication kept at BN1 arts on a termly basis and send a reminder to parents if medication is approaching expiry.
- Student Support keeps a register of Students who have been prescribed an AAI and a record of use of any AAI(s) and emergency treatment given.

### **Student Responsibilities**

- Students are encouraged to have a good awareness of their symptoms and to let a member of the BN1 Arts team know as soon as they suspect they are having an allergic reaction.
- Students who are trained and confident to administer their own auto-injectors will be encouraged to take responsibility for always carrying them on their person.

### **Allergy Action Plans**

Allergy action plans are designed to function as Individual Healthcare Plans for Students with food allergies, providing medical consent for the College to administer medicines in the event of an allergic reaction, including consent to administer a spare adrenaline auto injector.

BN1 Arts recommends using the British Society of Allergy and Clinical Immunology (BSACI) Allergy Action Plan to ensure continuity. It is the parent/carer's responsibility to complete the allergy action plan with help from a healthcare professional (e.g., GP/Specialist), and in liaison with Student Support).

### **Emergency Treatment and Management of Anaphylaxis**

What to look for:

- swelling of the mouth or throat
- difficulty swallowing or speaking
- difficulty breathing
- sudden collapse / unconsciousness
- hives, rash anywhere on the body
- abdominal pain, nausea, vomiting
- sudden feeling of weakness strong feelings of impending doom

Anaphylaxis is likely if all of the following 3 things happen:

- sudden onset (a reaction can start within minutes) and rapid progression of symptoms
- life threatening airway and/or breathing difficulties and/or circulation problems (e.g. alteration in heart rate, sudden drop in blood pressure, feeling of weakness)
- changes to the skin e.g. flushing, urticaria (an itchy, red, swollen skin eruption showing markings like nettle rash or hives), angioedema (swelling or puffing of the deeper layers of skin and/or soft tissues, often lips, mouth, face etc.) Note: skin changes on their own are not a sign of an anaphylactic reaction, and in some cases don't occur at all

If the Student has been exposed to something they are known to be allergic to, then it is more likely to be an anaphylactic reaction.

Anaphylaxis can develop very rapidly, so a treatment is needed that works rapidly. Adrenaline is the mainstay of treatment and it starts to work within seconds. Adrenaline should be administered by an injection into the muscle (intramuscular injection)

What does adrenaline do?

- It opens up the airways
- It stops swelling
- It raises the blood pressure

Adrenaline must be administered with the minimum of delay as it is more effective in preventing an allergic reaction from progressing to anaphylaxis than in reversing it once the 6 symptoms have become severe.

#### **ACTION:**

- Stay with the child and call for help. **DO NOT MOVE CHILD OR LEAVE UNATTENDED**
- Remove trigger if possible (e.g. Insect stinger)
- Lie child flat (with or without legs elevated) – A sitting position may make breathing easier
- **USE ADRENALINE WITHOUT DELAY** and note time given. (inject at upper, outer thigh - through clothing if necessary)
- **CALL 999** and state **ANAPHYLAXIS**
- If no improvement after 5 minutes, administer second adrenaline auto-injector
- If no signs of life commence CPR
- Phone parent/carer as soon as possible All Students must go to hospital for observation after anaphylaxis even if they appear to have recovered as a reaction can reoccur after treatment.

#### **Supply, storage and care of medication**

Students will be encouraged to take responsibility for and to carry their own two adrenaline injectors on them at all times (in a suitable bag/ container).

For those not ready to take responsibility for their own medication their anaphylaxis kit is kept safely, accessible to all staff, in Student Support, stored at room temperature, protected from direct sunlight and temperature extremes.

Parents/Students should ensure medication is stored in a rigid box and clearly labelled with the Student's.

The Student's medication storage box should contain:

- adrenaline injectors i.e. EpiPen® or Jext® (two of the same type being prescribed)
- an up-to-date allergy action plan
- antihistamine as tablets or syrup (if included on plan)
- spoon if required
- asthma inhaler (if included on plan).

It is the responsibility of the student/parents to ensure that the anaphylaxis kit is up-to-date and clearly labelled, however Student Support will check medication kept at college on a termly basis and send a reminder to students/parents if medication is approaching expiry.

### **Disposal**

AAls are single use only and must be disposed of as sharps. Used AAls can be given to ambulance paramedics on arrival or can be disposed of in the sharps bin kept in the medical room.

### **Lecturer Training**

All lecturers will receive anaphylaxis awareness training towards the start of every new academic year. Training is also available on an ad-hoc basis for any new members of staff.

Training includes:

- Knowing the common allergens and triggers of allergy
- Spotting the signs and symptoms of an allergic reaction and anaphylaxis. Early recognition of symptoms is key, including knowing when to call for emergency services
- Administering emergency treatment (including AAls) in the event of anaphylaxis – knowing how and when to administer the medication/device

- Measures to reduce the risk of a child having an allergic reaction e.g. allergen avoidance
- Knowing who is responsible for what
- Associated conditions e.g. asthma

### **Inclusion and Safeguarding**

BN1 Arts is committed to ensuring that all students with medical conditions, including allergies, in terms of both physical and mental health, are properly supported in college so that they can play a full and active role in their training, remain healthy and achieve their academic potential.

### **Allergy awareness**

Bn1 Arts supports a 'whole college awareness of allergies' as it ensures tutors, Students and all other staff are aware of what allergies are, the importance of avoiding the Students' allergens, the signs & symptoms, how to deal with allergic reactions and to ensure policies and procedures are in place to minimise risk