

ANAPHYLAXIS MANAGEMENT POLICY



Help for non-English speakers

If you need help to understand the information in this policy please contact ncat@education.vic.gov.au

PURPOSE

To explain to Northern College of the Arts & Technology (NCAT) parents, carers, staff and students the processes and procedures in place to support students diagnosed as being at risk of suffering from anaphylaxis. This policy also ensures that Northern College of the Arts & Technology is compliant with Ministerial Order 706 and the Department's guidelines for anaphylaxis management.

SCOPE

This policy applies to:

- all staff, including causal relief staff and volunteers
- all students who have been diagnosed with anaphylaxis or who may require emergency treatment for an anaphylactic reaction and their parents and carers.

POLICY

School Statement

Northern College of the Arts & Technology will fully comply with Ministerial Order 706 and the associated guidelines published by the Department of Education and Training.

Anaphylaxis

Anaphylaxis is a severe allergic reaction that occurs after exposure to an allergen. The most common allergens for school aged children are nuts, eggs, cow's milk, fish, shellfish, wheat, soy, sesame, latex, certain insect stings and medications.

Symptoms

Sights and symptoms of a mild to moderate allergic reactions can include:

- swelling of the lips, face and eyes
- hives or welts
- tingling in the mouth

Signs and symptoms of anaphylaxis, a severe allergic reaction, can include:

- difficult/noisy breathing
- swelling of tongue
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- persistent dizziness or collapse
- student appears pale or floppy
- abdominal pain and/or vomiting

Symptoms usually develop within ten minutes and up to two hours after exposure to an allergen, but can appear within a few minutes.

Treatment

Adrenaline given as an injection into the muscle of the outer mid-thigh is the first aid treatment for anaphylaxis.

Individuals diagnosed as being at risk of anaphylaxis are prescribed an adrenaline autoinjector for use in an emergency. These adrenaline autoinjectors are designed so that anyone can use them in an emergency.

Individual Anaphylaxis Management Plans

All students at NCAT who are diagnosed by a medical practitioner as being at risk of suffering from an anaphylactic reaction must have an Individual Anaphylaxis Management Plan. When notified of an anaphylaxis diagnosis, the Principal of Northern College of the Arts & Technology is responsible for developing a plan in consultation with the student's parents/carers.

Where necessary, an Individual Anaphylaxis Management Plan will be in place as soon as practicable after a student enrolls at NCAT and where possible, before the student's first day.

Parents and carers must:

- obtain an ASCIA Action Plan for Anaphylaxis from the student's medical practitioner and provide a copy to the school as soon as practicable
- immediately inform the school in writing if there is a relevant change in the student's medical condition and obtain an updated ASCIA Action Plan for Anaphylaxis
- provide an up to date photo of the student for the ASCIA Action Plan for Anaphylaxis when that Plan is provided to the school and each time it is reviewed
- provide the school with a current adrenaline autoinjector for the student that is not expired
- participate in annual reviews of the student's Plan.

Each student's Individual Anaphylaxis Management Plan must include:

- information about the student's medical condition that relates to allergy and the potential for anaphylactic reaction, including the type of allergies the student has
- information about the signs or symptoms the student might exhibit in the event of an allergic reaction based on a written diagnosis from a medical practitioner
- strategies to minimise the risk of exposure to known allergens while the student is under the care or supervision of school staff, including in the school yard, at camps and excursions, or at special events conducted, organised or attended by the school
- the name of the person(s) responsible for implementing the risk minimisation strategies which have been identified in the Plan
- information about where the student's medication will be stored
- the student's emergency contact details
- an up-to-date ASCIA Action Plan for Anaphylaxis completed by the student's medical practitioner.

Review and updates to Individual Anaphylaxis Plans

A student's Individual Anaphylaxis Plan will be reviewed and updated on an annual basis in consultation with the student's parents/carers. The plan will also be reviewed and, where necessary, updated in the following circumstances:

- as soon as practicable after the student has an anaphylactic reaction at school
- if the student's medical condition, insofar as it relates to allergy and the potential for anaphylactic reaction, changes
- when the student is participating in an off-site activity, including camps and excursions, or at special events including fetes and concerts.

Our school may also consider updating a student's Individual Anaphylaxis Management Plan if there is an identified and significant increase in the student's potential risk of exposure to allergens at school.

Location of plans and adrenaline autoinjectors

A copy of each student's Individual Anaphylaxis Management Plan will be stored with their ASCIA Action Plan for Anaphylaxis at the General Office. Students are required to keep their adrenaline autoinjectors on their person as well as provide a spare autoinjector with their name on it for the college. Adrenaline autoinjectors must be labelled with the student's name.

The adrenaline autoinjectors will be kept in the general office unless students have the majority of classes located in a different building/section of the college. Where the students are located in the Folio Prep, Technology or PIC program, the spare autoinjector will be stored in the those offices. Adrenaline autoinjectors for general use are available at the general office and are labelled "spare epipen".

Risk Minimisation Strategies

To reduce the risk of a student suffering from an anaphylactic reaction at Northern College of the Arts & Technology, we have put in place the following strategies:

1. Identification of students at risk of anaphylaxis on enrolment using *Medical Conditions Enrolment Checklist* (Appendix 1) in enrolment packs
2. For Each Student diagnosed by a GP as at risk of Anaphylaxis, the college will ensure that there is an
 - a. *Anaphylaxis Management Plan* which also includes and ASCIA Plan - available at <https://edugate.eduweb.vic.gov.au/edrms/keyprocess/cp/SitePages/SchoolPoliciesDetail.aspx?CId=21>
 - b. *Adrenaline auto-injector device* (EpiPen or AnaPen) and other antihistamine medication where applicable (ie. If prescribed on ASCIA plan by GP for mild to moderate allergic symptoms)
3. Students at risk of anaphylaxis are not to commence at school without these documents and medications provided first
4. Copies of ASCIA Plans and EpiPens are to be located in all relevant offices and also in the café.
5. At least one **SPARE school auto-injector device** (current in-date) together with a **generic ASCIA Action** is to go in plastic display box on outer wall of sick bay in front office (beside student specific ones)
6. A register noting expiry dates of auto-injector devices will be kept in the general office and monitored by a trained first aid staff member.
7. The general office staff will replace SPARE EpiPen as required and send out written reminders to students/parents for replacement auto-injector devices *one month* in advance of actual expiry dates.
8. Class /groups will be informed of allergens that must be avoided in advance of class parties, events or birthdays.
9. Café Manager will ensure that café staff are trained in appropriate food handling to reduce the risk of cross-contamination
10. All staff on yard duty twill be made aware of the school's emergency response procedures and to carry mobile phones so they can call the general office/first aid team in case of an anaphylactic reaction in the school grounds
11. A spare EpiPen will be stored at the school café, general office, TTC, PIC and Folio offices for ease of access as required.
12. Staff taking students on excursions must check their student lists and ensure that any student at risk of anaphylaxis takes their EpiPen on excursion and depending on the type of activity consider (e.g. excursion includes restaurant, café meal) the need to take a spare EpiPen in case of an incident.

13. Staff taking students on camps must complete a detailed risk assessment of the venue/food/location of emergency services, mobile phone receptions, take spare Epi-pens in the First Aid Kit and hire a satellite phone should there be no mobile phone reception.
14. The VET Coordinator will liaise with external schools to ensure that they notify NCAT of any external VET student at risk of anaphylaxis and provide a copy of their Management and ASCIA plan to NCAT on enrolment.
15. Staff organising events will ensure that any food vans onsite at NCAT do not serve food containing any form of nuts
16. For students on Work placement, the college will inform employers of any student at risk of anaphylaxis, provide them with a copy of the ASCIA Action Plan for Anaphylaxis and how to use the EpiPen in case the student has an allergic reaction whilst at work experience.

Adrenaline autoinjectors for general use

Northern College of the Arts & Technology will maintain a supply of adrenaline autoinjector(s) for general use, as a back-up to those provided by parents and carers for specific students, and also for students who may suffer from a first time reaction at school.

Adrenaline autoinjectors for general use will be stored at in the General Office and labelled "spare".

The principal is responsible for arranging the purchase of adrenaline auto-injectors for general use, and will consider:

- the number of students enrolled at Northern College of the Arts & Technology at risk of anaphylaxis
- the accessibility of adrenaline auto-injectors supplied by parents
- the availability of a sufficient supply of auto-adrenaline injectors for general use in different locations at the school, as well as at camps, excursions and events
- the limited life span of adrenaline auto-injectors, and the need for general use adrenaline auto-injectors to be replaced when used or prior to expiry.
- the weight of the students at risk of anaphylaxis to determine the correct dosage of adrenaline autoinjector/s to purchase.

Emergency Response

In the event of an anaphylactic reaction, the emergency response procedures in this policy must be followed, together with the school's general first aid procedures, emergency response procedures and the student's Individual Anaphylaxis Management Plan.

A complete and up to date list of students identified as being at risk of anaphylaxis is maintained by the First Aid Officer and stored at the General Office. For camps, excursions and special events, a designated staff member will be responsible for maintaining a list of students at risk of anaphylaxis attending the special event, together with their Individual Anaphylaxis Management Plans and adrenaline autoinjectors, where appropriate.

If a student experiences an anaphylactic reaction at school or during a school activity, school staff must:

Step	Action
1.	<ul style="list-style-type: none"> • Lay the person flat • Do not allow them to stand or walk • If breathing is difficult, allow them to sit • Be calm and reassuring • Do not leave them alone • Seek assistance from another staff member or reliable student to locate the student's adrenaline autoinjector or the school's general use autoinjector, and the student's Individual Anaphylaxis Management Plan, stored at the general office • If the student's plan is not immediately available, or they appear to be experiencing a first time reaction, follow steps 2 to 5

2.	<p>Administer an EpiPen or EpiPen Jr (if the student is under 20kg)</p> <ul style="list-style-type: none"> • Remove from plastic container • Form a fist around the EpiPen and pull of the blue safety release (cap) • Place orange end against the student's outer mid-thigh (with or without clothing) • Push down hard until a click is heard or felt and hold in place for 3 seconds • Remove EpiPen • Note the time the EpiPen is administered • Retain the used EpiPen to be handed to ambulance paramedics along with the time of administration <p>OR</p> <p>Administer an Anapen® 500, Anapen® 300, or Anapen® Jr.</p> <ul style="list-style-type: none"> • Pull off the black needle shield • Pull off grey safety cap (from the red button) • Place needle end firmly against the student's outer mid-thigh at 90 degrees (with or without clothing) • Press red button so it clicks and hold for 10 seconds • Remove Anapen® • Note the time the Anapen is administered • Retain the used Anapen to be handed to ambulance paramedics along with the time of administration
3.	Call an ambulance (000)
4.	If there is no improvement or severe symptoms progress (as described in the ASCIA Action Plan for Anaphylaxis), further adrenaline doses may be administered every five minutes, if other adrenaline autoinjectors are available.
5.	Contact the student's emergency contacts.

If a student appears to be having a severe allergic reaction but has not been previously diagnosed with an allergy or being at risk of anaphylaxis, school staff should follow steps 2 – 5 as above.

Schools can use either the EpiPen and Anapen on any student suspected to be experiencing an anaphylactic reaction, regardless of the device prescribed in their ASCIA Action Plan.

Where possible, schools should consider using the correct dose of adrenaline autoinjector depending on the weight of the student. However, in an emergency if there is no other option available, any device should be administered to the student.

[Note: If in doubt, it is better to use an adrenaline autoinjector than not use it, even if in hindsight the reaction is not anaphylaxis. Under-treatment of anaphylaxis is more harmful and potentially life threatening than over treatment of a mild to moderate allergic reaction. Refer to page 41 of the [Anaphylaxis Guidelines](#)].

Communication Plan

This policy will be available on Northern College of the Arts & Technology's website so that parents and other members of the school community can easily access information about Northern College of the Arts & Technology's anaphylaxis management procedures. The parents and carers of students who are enrolled at Northern College of the Arts & Technology and are identified as being at risk of anaphylaxis will also be provided with a copy of this policy.

The Principal and Assistant Principal are responsible for ensuring that all relevant staff, including casual relief staff and volunteers are aware of this policy and Northern College of the Arts & Technology's procedures for anaphylaxis management. Casual relief staff and volunteers who are responsible for the care and/or supervision of students who are identified as being at risk of anaphylaxis will also receive a verbal briefing on this policy, their role in responding to an anaphylactic reaction and where required, the identity of students at risk.

The Principal is also responsible for ensuring relevant staff are trained and briefed in anaphylaxis management, consistent with the Department's [Anaphylaxis Guidelines](#).

Staff training

The Principal will ensure that the following school staff are appropriately trained in anaphylaxis management:

- School staff who conduct classes attended by students who are at risk of anaphylaxis
- School staff who conduct specialist classes, all cafe staff, admin staff, first aiders and any other member of school staff as required by the Principal based on a risk assessment.

Staff who are required to undertake training must have completed:

- an approved face-to-face anaphylaxis management training course in the last three years, or
 - an approved online anaphylaxis management training course in the last two years.
 - an approved face-to-face anaphylaxis management training course in the last three years,
- or
- an approved online anaphylaxis management training course in the last two years.

Northern College of the Arts & Technology uses the following training course: ASCIA Anaphylaxis e-training VIC 2025 (<https://training.ascia.org.au/>)

Staff are also required to attend a briefing on anaphylaxis management and this policy at least twice per year (with the first briefing to be held at the beginning of the school year), facilitated by a staff member who has successfully completed an anaphylaxis management course within the last 2 years including the School Anaphylaxis Supervisor. Each briefing will address:

Each briefing will address:

- this policy
- the causes, symptoms and treatment of anaphylaxis
- the identifies of students with a medical condition that relates to allergy and the potential for anaphylactic reaction, and where their medication is located
- how to use an adrenaline autoinjector, including hands on practice with a trainer adrenaline autoinjector
- the school's general first aid and emergency response procedures
- the location of, and access to, adrenaline autoinjectors that have been provided by parents or purchased by the school for general use.

When a new student enrolls at Northern College of the Arts & Technology who is at risk of anaphylaxis, the principal will develop an interim plan in consultation with the student's parents and ensure that appropriate staff are trained and briefed as soon as possible.

A record of staff training courses and briefings will be maintained by the School Anaphylaxis Supervisor on the College OH&S server.

FURTHER INFORMATION AND RESOURCES

- School Policy and Advisory Guide: [Anaphylaxis](#)
- [Allergy & Anaphylaxis Australia](#)
- ASCIA Guidelines: [Schooling and childcare](#)
- Royal Children's Hospital: [Allergy and immunology](#)

The Principal will ensure that while students at risk of anaphylaxis are under the care or supervision of the school outside of normal class activities, including in the school yard, at camps and excursions, or at special event days, there is a sufficient number of school staff present who have been trained in anaphylaxis management.

REVIEW CYLCE AND EVALUATION

Policy last reviewed	February 2025
Approved by	February 2026
Next scheduled review date	8/04/2024 This policy has a mandatory review cycle of 1 year

The principal will complete the Department's Annual Risk Management Checklist for anaphylaxis management to assist with the evaluation and review of this policy and the support provided to students at risk of anaphylaxis.