SAVING LIVES AT SCHOOL:
ANAPHYLAXIS AND EPINEPHRINE

ANAPHYLAXIS AND EPINEPHRINE CONNECTION CARDS
The Saving Lives at School Connection Cards are a tool that has been prepared for use by school nurses by the National Association of School Nurses (NASN) through an unrestricted grant from Mylan Specialty.

This resource is intended to be used as a tool and resource for initiating meaningful health related conversations with students and parents. The recommendations and content are based on best practices. Each school nurse must exercise independent professional judgment when speaking to parents and students. Because nurse practice acts differ from state to state, each school nurse must ensure that before presenting any information, that it is consistent with applicable state laws and regulations, including those governing delegation, as well as applicable school district policies and procedures.

This resource is intended to be used by the school nurse to initiate conversations with students and/or parents as well as encourage the school nurse to reflect on her/his practice of school nursing as it relates to allergy and anaphylaxis management. An accompanying School Nurse Handbook is available online at www.nasn.org Tools and Resources Food Allergy and Anaphylaxis.

NASN hopes you find this resource helpful. It is not meant to replace a full allergy and anaphylaxis management program in your school, but to be a component of this important focus in school healthcare.
## Connection Cards

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*National Association of School Nurses*
LET’S TALK

What’s on your mind the most when thinking about your (or your child’s) allergy?
What is an allergic reaction?
What is anaphylaxis?
What is Anaphylaxis?

**Question Time**

What is the difference between a mild allergic reaction and anaphylaxis?
What is Anaphylaxis?

**Action Item**

List three words that come to mind when you think of allergies.

1. ____________________________
2. ____________________________
3. ____________________________
What is Anaphylaxis?

School Nurse Reflection

How do you feel about managing anaphylaxis at school?
What do you find most difficult?
Do you feel that your school district’s policies are comprehensive?
LET’S TALK

What are some of the challenges you have when trying to avoid allergens?

COMMON ALLERGENS
If you have a food allergy, how do you decide if a food is safe to eat?
QUESTION TIME

What allergens could you encounter on a school field trip?

COMMON ALLERGENS
ACTION ITEM

What 8 foods are the most common allergens?

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 

COMMON ALLERGENS
**ACTION ITEM**

In addition to food, what are other life-threatening allergens?
**ACTION ITEM**

If you have an allergy to milk, which of the following words on a food label would NOT indicate the presence of milk?

- Lactose
- Whey
- Cocoa Butter
- Casein hydrolysate

**COMMON ALLERGENS**
**School Nurse Reflection**

What allergens are most difficult to avoid in the school setting?

How can the school nurse advocate for an allergy safe school environment?

**Common Allergens**
Let’s Talk

Describe how you feel when having an allergic reaction.
LET’S TALK

How do you know when you need help with an allergic reaction?

HELP
Question Time

What are the signs and symptoms of a mild allergic reaction? Of anaphylaxis?
True or False. Symptoms of an allergic reaction usually seen the first time a person is exposed to an allergen.
ACTION ITEM

Which combination of symptoms would NOT indicate anaphylaxis?

□ Hives on the arm and tooth pain
□ Tightening of the throat and many hives all over the body
□ Repeated cough and severely swollen lips
ACTION ITEM

How fast can symptoms progress from a mild to a severe reaction?
School Nurse Reflection

Have you administered epinephrine to a child experiencing anaphylaxis? If yes, how did you feel about the experience? If no, do you feel prepared to do so?
LET’S TALK

How can you help the school nurse develop a care plan for you (or your child)?
QUESTION TIME

What are the two main types of care plans that the school nurse writes for a student with a life-threatening allergy?

1. ____________________________

2. ____________________________

SCHOOL CARE PLANS
QUESTION TIME

What kind of information is in an Emergency Care Plan?
ACTION ITEM

What’s in your school healthcare plan?
ACTION ITEM

Which school staff should have access to your Emergency Care Plan?

☐ Principal
☐ Teacher
☐ Food Service
☐ Bus Driver
☐ All of the above

SCHOOL CARE PLANS
School Nurse Reflection

What support do you need from parents, students and your school administration to write quality care plans for students at risk for anaphylaxis?
LET'S TALK

What steps do you take at home to prevent allergic reactions?
Let's Talk

What part of being at school concerns you the most with your (or your child’s) allergy?
QUESTION TIME

What is the only way to prevent an allergic reaction?
ACTION ITEMS

List three ways to prevent an exposure to an allergen.

1. ____________________________

2. ____________________________

3. ____________________________
ACTION ITEMS

If you have a food allergy, how often should you check the product label on a food item that you eat regularly?
Prevention

School Nurse Reflection

What school personnel do you need to train in allergen prevention strategies?

What work do you need to do to make your school “allergy safe”? 
LET’S TALK

Where do you carry and store your epinephrine autoinjector?
LET’S TALK

Have you had to give an epinephrine autoinjector to yourself or someone else? Describe the experience.
QUESTION TIME

What is the medication of choice to treat anaphylaxis?

EPINEPHRINE ADMINISTRATION
QUESTION TIME

How long can you wait to give epinephrine after symptoms of anaphylaxis appear?
QUESTION TIME

After an epinephrine autoinjector is given, what action should you take?

EPINEPHRINE ADMINISTRATION
ACTION ITEM

How many epinephrine autoinjectors should you have? Why?
School Nurse Reflection

Where is epinephrine stored in your school? Is it accessible?

What issues arise in your unique setting regarding epinephrine storage and administration?

How will you solve any issues that need attention?
Let’s Talk

How can you help other people around you understand your allergy?
Let’s Talk

Have you ever been bullied because of your allergy?
LET’S TALK

What do you want other people to know about your allergy?
Living with Allergies

Question Time

What medical provider cares for you regarding your allergy?
Do you see an allergist?
**Question Time**

**True or False.** Giving epinephrine when it’s not needed will hurt you.
ACTION ITEM

Use an epinephrine trainer to practice giving a dose of epinephrine to yourself.
ACTION ITEM

Why is it important to wear a medical alert bracelet (or other jewelry)?
**ACTION ITEM**

What are resources you can use to find out more information about your allergy?
School Nurse Reflection

How do you think a parent of a child with a life threatening allergy feels when they bring their child to your school for the first time?
LET’S TALK

How has your experience been when talking to people at school about your allergy?
LET’S TALK

Are you comfortable at school?
Question Time

Who is your contact person at school when it comes to allergy issues and concerns?
**QUESTION TIME**

**True or False.** When you are unsure of what to do about a situation that may cause you to be exposed to your allergen, you should keep quiet.
ACTION ITEM

How can home and school work together to make field trips a safe experience?
ACTION ITEM

Write down three people who can be a support to you with allergy management.

1. ____________________________

2. ____________________________

3. ____________________________

HOME AND SCHOOL
SCHOOL NURSE REFLECTION

How can home and school work together in a better way to make it easier to be at school with an allergy?
The Saving Lives at School Connection Cards are a tool that has been prepared for use by school nurses by the National Association of School Nurses (NASN) through an unrestricted grant from Mylan Specialty.

For more information and resources, please go to the Food Allergy Online Tool Kit from the National Association of School Nurses at www.nasn.org Tools and Resources Food Allergy and Anaphylaxis. Resources on the NASN website include:

- Anaphylaxis Planning Algorithm
- Anaphylaxis Provision of Care Algorithm
- Get Trained - a program for school nurses to train school staff to administer an epinephrine autoinjector
- School Nurses: Partnering to Avoid & Respond to Anaphylaxis Video Series
- Epinephrine Resource School Nurse Program – find a school nurse in your state to provide you with guidance and answers to your questions about epinephrine administration in the school setting
- Checklists and Allergy Management Resources for use in the school setting

The National Association of School Nurses (NASN) advances the specialty practice of school nursing to improve the health and academic success of all students.