

Information for Schools & Early Years Settings

Allergy Action Plans

beat
anaphylaxis

Every child with an allergy should have an Allergy Action Plan in school/early years childcare. Research has shown that the risks from allergy are reduced when a written care plan is followed.

The plan should identify the child and their allergies and will help you to recognise when an allergic reaction has started. It also provides information on which treatment the child requires and shows you how to administer an adrenaline auto-injector (JEXT/EpiPen) if needed.

These plans have been designed to facilitate people without any special medical training or equipment to deliver first aid treatment for anaphylaxis. An example is shown below:

The form is titled 'bsaci ALLERGY ACTION PLAN' and includes logos for bsaci, RCPCH, and Allergy UK. It is designed to be filled out for a specific child, with fields for Name, DOB, and a photo. The form is divided into several sections:

- This child has the following allergies:** A large text area for listing allergies.
- Watch for signs of ANAPHYLAXIS (Life-threatening allergic reaction)**: A red-bordered box containing a table of signs and symptoms categorized into AIRWAY, BREATHING, and CONSCIOUSNESS. It also includes a list of actions to take if any of these signs are present, such as 'Lie child flat with legs raised' and 'Immediately dial 999 for ambulance and say ANAPHYLAXIS (XANA-FE-AE-15)'.
- Mild/moderate reaction:** A blue-bordered box containing a list of symptoms (e.g., Swollen lips, face or eyes; Itchy/tingling mouth) and instructions on what to do (e.g., Stay with the child, call for help; Give antihistamine).
- Emergency contact details:** Fields for two emergency contacts, including name, phone number, and relationship.
- Additional instructions:** A text area for any specific instructions for the child.
- Parental consent:** A section for a parent or guardian to sign and date, acknowledging the school's responsibility for the child's safety.
- For more information about managing anaphylaxis in schools and 'spare' back-up adrenaline autoinjectors, visit: sparepin@sbschools.uk**

The plans are medical documents and should be completed by a health professional. A copy of the plan should be kept in the school/nursery, alongside the child's prescribed emergency medication. It is important that the plan is reviewed once a year.

Allergy Action Plans from The British Society for Allergy and Clinical Immunology (BSACI) can be found here:

<https://www.bsaci.org/professional-resources/resources/paediatric-allergy-action-plans/>

- www.beatanaphylaxis.co.uk -

Document created by Sarah Sullivan, Specialist Nurse, NTHFT (September, 2020)