



NSW  
**anaphylaxis  
education**  
the children's hospital at Westmead  
NSW Anaphylaxis Education Program




**ASCIA Action Plan & EpiPen update for GP's**

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- Est. 2003- NSW Health, all Education Authorities & ASCIA
- Tender held by CHW
- Peak training body, recommended provider of specialist anaphylaxis training
- High quality accurate information
- Improve & std. management in schools children's services
- Help schools implement their Anaphylaxis Procedures
- Advisory service for school staff, parents, health professionals & the community

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**How to contact NSWAEP**

- [Kidsallergyeducation.org.au](http://Kidsallergyeducation.org.au)


<https://www.schn.health.nsw.gov.au/parents-and-carers/our-services/anaphylaxis-education>

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**Anaphylaxis Resources for GP's**


- Mylan Customer Service: 1800 314 527
- ASCIA Action Plans
- EpiPen Patient Information Packs
- EpiClub



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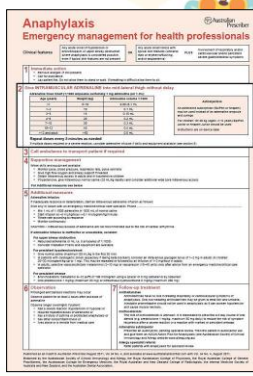

**Health Professional e-training - RCAGP approved - Free!**

- Allergy and anaphylaxis
- Anaphylaxis
- Pharmacists
- Food allergy for dieticians & others
- Allergic rhinitis
- Allergen immunotherapy
- Primary Immunodeficiency





**Australian Prescriber Wall Chart**

Available via ASCIA Anaphylaxis Resources



**3 types of ASCIA Action Plans**

- Action Plan for Anaphylaxis (personal) – Red
- Action Plan for Allergic Reactions - Green
- Action Plan for Anaphylaxis (general) – Orange





**ASCIA Action Plans**

- ✓ Latest version available on ASCIA website [www.allergy.org.au](http://www.allergy.org.au)
- ✓ Prepare a new colour plan if writing an EpiPen script
- ✓ Mylan Sales Team contact:
- ✓ Copy stored with each EpiPen
- ✓ Informs us when and how to give EpiPen

- IgE allergy only
- Completed by nursing or Medical practitioner
- Complete a new one when you write a new EpiPen script
- Need only 1 plan (red or green)
- Plan not just for school
- Ensure family/patient can follow it!



**ACTION PLAN FOR Anaphylaxis**

For EpiPen® adrenaline (epinephrine) autoinjectors


**SIGNS OF MILD TO MODERATE ALLERGIC REACTION**

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

**ACTION FOR MILD TO MODERATE ALLERGIC REACTION**

- For insect allergy - flick out sting if visible
- For tick allergy - freeze dry tick and allow to drop off
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr adrenaline autoinjector
- Give other medications (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)**

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Wheeze or persistent cough
- Difficulty talking and/or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (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® Jr adrenaline autoinjector
- 3 Phone ambulance - 000 (AU) or 111 (NZ)
- 4 Phone family/emergency contact
- 5 Further adrenaline doses may 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 autoinjector**  
Commence CPR at any time if person is unresponsive and not breathing normally

**ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer** if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed:  Y  N


This can only be completed and signed by the patient's medical or nurse practitioner and cannot be altered without their permission

**ASCIA Action Plan for Allergic Reactions**

Only at risk of mild/mod allergic reaction  
Antihistamine (No AAI prescribed)

Lists the symptoms of anaphylaxis

~ 20% may develop a more severe reaction




**ascia Guidelines**

**Anaphylaxis emergency medication (adrenaline [epinephrine] autoinjector) prescription**

EpiPen Jr 150mcg (green label) recommended for children 10 to 20 kg (approximately aged 1-5 years)

EpiPen 300mcg (yellow label) recommended for children over 20 kg (approximately over 5 years) and adults



**Can I prescribe an EpiPen?**

- ✓ Yes
- ✓ If it is the initial prescription, discuss first with Immunology on call, or an Immunologist.
- ✓ If renewing a prescription, advise PBS if it has been used or expired & quote the Specialist

**How many EpiPens on PBS?**

- 2 (adults-carry both)
  - children 1 in school office & 1 at home
  - Highschool student carries this 'home' EpiPen
- Additional EpiPen requested by parent?
  - ✓ Normal script pad
  - ✓ (may get some reimbursement from health fund)
- EpiPen trainers can be obtained free from 'EpiClub'

**EpiPen**

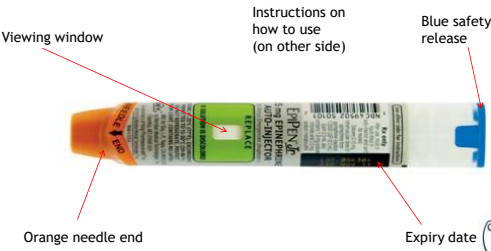
Instructions on how to use (on other side)

Blue safety release


Viewing window

Orange needle end

Expiry date



### How to give EpiPen®



- 1** Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE
- 2** Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)
- 3** PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

All EpiPen®s should be held in place for 3 seconds regardless of instructions on device label

© ASCIA 2017 This plan was developed as a medical document


- Blue to sky-orange to thigh
- Thumb off end!
- Don't swing & jab!
- 1 layer fabric
- EpiPen spring activated
- Loud noise & recoil

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**PULL**

**1**



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE

**PLACE**

**2**



Hold leg still and PLACE ORANGE END to the outer mid-thigh (with or without clothing)

**PUSH**


**3**

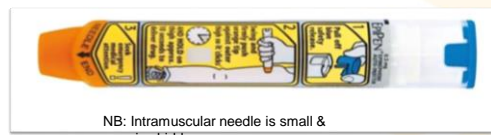


PUSH down hard until it clicks and HOLD in place for 3 seconds. Remove EpiPen®

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### EpiPen before & after use





NB: Intramuscular needle is small & remains hidden.  
Instructions on device as well as action plan.

