BEST PRACTICE GUIDELINES

for anaphylaxis prevention and management in CHILDREN'S EDUCATION AND CARE SERVICES
(including outside school hours care)
Version 2.1, 2023

ascia
australasian society of clinical immunology and allergy

national allergy council

Allergy & Anaphylaxis Australia

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Download and access from **Allergy Aware website**

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ABBREVIATIONS

Abbreviations	
A&AA	Allergy & Anaphylaxis Australia
ASCIA	Australasian Society of Clinical Immunology and Allergy
CEC	Children's education and care

DEFINITIONS

Adrenaline (epinephrine)	A medication that reverses the effects of a severe allergic reaction (anaphylaxis). Adrenaline is a hormone produced naturally by the body however, the body is not able to produce enough adrenaline to treat anaphylaxis.
Adrenaline injector	Adrenaline injectors contain a single, fixed dose of adrenaline, designed for use by anyone, including people who are not medically trained. The adrenaline injectors currently available in Australia are EpiPen® and Anapen®. Adrenaline injectors are either prescribed to an individual or can be purchased by the CEC service and stored in first aid kits.
Allergic reaction	An immune response to something (an allergen) that is harmless to most people. Allergic reactions can be mild, moderate or severe.
Allergy aware	Implementing a range of measures to minimise the chance of a child being exposed to a known allergen.
All staff	Refers to all staff including full-time, part-time, casual and relief educators, administration staff and staff who prepare and serve food and any other staff employed by the CEC provider.
Anaphylaxis	The most severe form of allergic reaction. Anaphylaxis is life-threatening and requires prompt administration of adrenaline.

ASCIA Action Plan 	A standardised anaphylaxis response plan for people with allergies that can lead to anaphylaxis (also called medical management plans). ASCIA Action Plans must be completed by the child's doctor or nurse practitioner. There are different types of plans: - ASCIA Action Plan for Anaphylaxis (red) for people who have been prescribed an adrenaline injector. - ASCIA Action Plan for Allergic Reactions (green) for people with confirmed allergy but who have not been prescribed an adrenaline injector. These plans are not used for aeroallergens, such as allergies to pollen or animal dander. - ASCIA Action Plan for Drug (Medication) Allergy (dark green) for people with confirmed medication allergies. If a person also has other allergies, their drug allergy will be documented on their other ASCIA Action Plan so that they only have one plan. - ASCIA First Aid Plan for Anaphylaxis (orange) for storage with general use adrenaline injectors or for use as a poster.
Children at risk of anaphylaxis	Children with an ASCIA Action Plan for Anaphylaxis (red), an ASCIA Action Plan for Allergic Reactions (green) or an ASCIA Action Plan for Drug (Medication) Allergy (dark green).
Children's education and care service	All children's education and care services including long daycare, family daycare, outside school hours care and vacation care.
Hands on practice	Refers to physical demonstration of correct use of adrenaline injector devices using a trainer device.
Individualised anaphylaxis care plan	A plan that documents the child's allergies and the risk minimisation strategies that will be put into place to prevent exposure to what the child is allergic to. These care plans may have different names (such as Individual risk-minimisation plan, Individual Health Care Plan, Individual Anaphylaxis Management Plan) in different states and territories, however, the purpose of the plan is the same.
Jurisdictions	The different states and territories in Australia.
Parents	Refers to parents and carers.

INTRODUCTION

The National Allergy Council's Best practice guidelines *for the Prevention and Management of Anaphylaxis in Children's Education and Care* (the Best practice guidelines) are based on the current evidence base and best practice. The Best practice guidelines were developed by the National Allergy Council in consultation with key stakeholder organisations, staff working in the children's education and care (CEC) sector and parents of children who are enrolled in CEC services.

The Best practice guidelines aim to provide best practice guidance and support through the provision of sample documents and templates, to reduce the risk of anaphylaxis in CEC services while supporting children to participate in the full range of CEC activities.

The Best practice guidelines have been developed to provide guidance and support to CEC services across all states and territories of Australia. However, it is important to note the following:

- National laws[1] exist and CEC services must comply with the national regulations[2].
- CEC services must comply with national law[1] outlining CEC standards across Australia. National regulations[2] provide practical details on how to comply with the national laws.
- Where state and territory legislation exist, CEC services must comply with the legislation in their jurisdiction.
- Where state or territory guidelines exist, CEC services are encouraged to comply with the guidelines in their jurisdiction.
- The Best practice guidelines may recommend measures which are additional to the legislation and/or guidelines nationally and in your state or territory. Implementing these additional measures where possible, is encouraged.

The Best practice guidelines can be used by overarching bodies (such as state and territory Departments) when reviewing and updating their legislation, central guidelines, policies and procedures, to standardise anaphylaxis management across Australia. The Best practice guidelines can also be used by individual CEC services to identify appropriate strategies to prevent and manage anaphylaxis.

The Best practice guidelines help prevent and manage anaphylaxis in children, however CEC services should also have strategies in place for staff, volunteers and visitors with allergies.

[1] *Education and Care Services National Law Act 2010*
[2] *Education and Care Services National Regulations 2011*

About this document

This document has been developed in two parts:

- *Part A* includes the key principles for reducing the risk of anaphylaxis in CEC settings and Best practice guidelines recommendations.
- *Part B* is an Implementation Guide which contains additional information to help CEC services to implement the Best practice guidelines recommendations. Resources, templates and sample documents are also provided to support the adoption of the recommendations. These resources are available as free downloads from the National Allergy Council's **Allergy Aware website**. The Allergy Aware website is a resource hub that includes links to evidence based resources for CEC services to help manage anaphylaxis. The website also contains links to state and territory specific information and resources.

How were these guidelines developed?

These guidelines were developed after reviewing current published literature about managing allergies and anaphylaxis in the CEC setting. Where published literature was lacking, the Best practice guidelines include recommendations based on what is considered best practice. During the development and review of the Best practice guidelines the National Allergy Council engaged with bodies overseeing children's education and care, CEC auditors, state and territory education departments, the Australian Children's Education & Care Quality Authority (ACECQA), CEC services and consumers.

Key principles for reducing the risk of anaphylaxis in children's education and care

Implement an allergy aware approach to preventing and managing anaphylaxis.

Have an anaphylaxis management policy. Review this policy and procedures if an allergic reaction occurs.

Obtain up-to-date medical information and develop individualised anaphylaxis care plans for each child at risk of anaphylaxis. These plans will include a copy of the child's ASCIA Action Plan.

Educate and train staff in the prevention, recognition and treatment of allergic reactions including anaphylaxis. Educate and train staff who prepare, serve or supervise meals, in food allergen management.

Ensure staff know which children are at risk of anaphylaxis and understand that unexpected allergic reactions, including anaphylaxis, might occur for the first time in children not previously known to have allergy.

Provide age-appropriate education of children to help raise awareness and manage anaphylaxis risk in CEC services.

Implement reasonable and effective strategies to reduce the risk of accidental exposure to known allergic triggers and review anaphylaxis risk minimisation strategies if an allergic reaction occurs.

Have at least one general use adrenaline injector in each CEC service.

Communicate about anaphylaxis management with CEC staff and the CEC community.

Offer support (including counselling) for CEC staff who manage an anaphylaxis.

Appropriate reporting if an allergic reaction occurs while the child is in the care of the CEC service.

PART A:
RECOMMENDATIONS

RECOMMENDATION 1

Allergy aware approach

1.1 **CEC services should implement an allergy aware approach to the prevention and management of anaphylaxis.**

An allergy aware approach is recommended rather than implementing food bans. Banning foods, and use of terms such as 'nut free' is not an effective strategy for preventing or managing anaphylaxis in CEC services.

Planning and implementing an allergy aware approach should be in line with requirements under the National Regulations and should be documented as part of the CEC service's policies and procedures.

See Implementation guide page 29

RECOMMENDATION 2

Anaphylaxis management policy and plans

2.1 CEC services should have a site-specific anaphylaxis management policy that details the following:

- Identifying children at risk.
- Allergy documentation.
- Prescribed and general use adrenaline injectors.
- Staff and volunteer education and training.
- Risk management and risk minimisation.
- Communication plan.
- Education for children and the CEC community.
- Emergency response plan.
- Self-administration of medication (where the child is developmentally ready).
- Incident reporting.

The policy should be reviewed and updated at least every two years.

This recommendation is consistent with:

National Regulation 90: Medical conditions policy.

National Regulation 91: Medical conditions policy to be provided to parents.

2.2 CEC providers should develop anaphylaxis risk management plans that are specific to the CEC site, activity or off-site activity (for example, excursions).

This recommendation is consistent with:

National Regulation 101: Conduct of risk assessment for excursion.

National Regulation 168: Education and care service must have policies and procedures.

National Regulation 170: Policies and procedures to be followed.

National Regulation 171: Policies and procedures to be kept available.

2.3 CEC providers should implement reasonable risk minimisation strategies if the CEC provider has children with known allergies enrolled (refer to Part B – Implementation Guide).

Risk minimisation strategies (such as hand washing and mealtime supervision) aim to reduce the chance of accidental exposure to an allergen.

CEC providers should access evidence based, best practice information when identifying and implementing appropriate risk minimisation strategies as detailed in Part B in the Implementation Guide.

This recommendation is consistent with:

National Regulation 90: Medical conditions policy.

2.4 CEC providers should have a communication plan detailing how the CEC service communicates with staff, volunteers, children (where appropriate), parents, visitors and their broader service community about allergy.

CEC providers should clearly communicate an allergy aware approach.

This recommendation is consistent with:

National Regulation 90: Medical conditions policy (iv) development of a communication plan to ensure that (a) staff and volunteers are informed about the medical conditions policy and the medical management plan and risk minimisation plan for the child.

2.5 CEC providers should have an anaphylaxis emergency response plan which includes the ASCIA Action Plan and identifies staff roles and responsibilities in an anaphylaxis emergency. Emergency response plans should be practised at least once a year.

Separate emergency response plans must be developed for any off-site activities such as excursions.

This recommendation is consistent with:

National Regulation 168: Education and care service must have policies and procedures.

National Regulation 170: Policies and procedures to be followed.

See Implementation guide page 32

RECOMMENDATION 3

Allergy documentation

3.1 **All parents of children with known allergies attending the CEC service must provide an ASCIA Action Plan completed and signed by their child's doctor or nurse practitioner.**

There is no need to update the ASCIA Action plan at the beginning of each year. If there is no change in the child's allergy, the plan should be updated by the date specified by the child's doctor or nurse practitioner on the current plan. This usually occurs every 12–18 months when they are reviewed by their doctor and receive a new adrenaline injector prescription.

This recommendation is consistent with:

National Regulation 90 (c) (i): Requiring a parent of the child to provide a medical management plan for the child.

3.2 **CEC providers should take all reasonable efforts to obtain a copy of the child's ASCIA Action Plan from the child's parents. The ASCIA Action Plan provides medical confirmation of the child's allergies.**

CEC providers should request colour copies of the child's ASCIA Action Plan where possible. However, if the parent is unable to provide a colour copy, a black and white copy of the child's ASCIA Action Plan is acceptable.

In the CEC setting, the ASCIA Action Plan is designed to assist providers to meet the requirements of a medical management plan.

This recommendation is consistent with:

National Regulation 90 (c) (i): Requiring a parent of the child to provide a medical management plan for the child.

National Regulation 162: Health information to be kept in enrolment record.

3.3 **If there is a change in a child's allergy, parents should provide an updated ASCIA Action Plan.**

If no updated plan is available, the most recent plan can still be used but parents need to see a doctor to update the ASCIA Action Plan as soon as possible.

If a child has medical confirmation that they no longer have allergies requiring an ASCIA Action Plan, the child's doctor or allergy clinic should provide a letter confirming that the child is no longer allergic.

This recommendation is consistent with:

National Regulation 90 (c) (iv): requiring the development of a communications plan to ensure that (B) a child's parent can communicate any changes to a medical management plan and risk minimisation plan for the child, setting out how that communication can occur.

3.4 An individualised anaphylaxis care plan should be completed by the CEC provider for all children with an ASCIA Action Plan for Anaphylaxis or an ASCIA Action Plan for Allergic Reactions in consultation with the child's parent.

Individualised anaphylaxis care plans should:

- Be completed as soon as the child starts at the CEC or when the CEC provider is informed about the child's allergies.
- Be reviewed at the start of each calendar year and updated if the CEC is informed about changes to the child's allergies.
- Include a copy of the child's current ASCIA Action Plan.
- Include appropriate risk minimisation strategies that will be implemented to manage the child's allergies for both on-site and off-site activities.
- Be agreed to and signed by a parent.

Note:
The child's doctor does not have to sign the individualised anaphylaxis care plan – this is a plan for the CEC service to complete in consultation with the parent and therefore should be signed by the CEC and the parent.

Children with an ASCIA Action Plan for Drug (medication) Allergy and no other severe allergy are not usually prescribed an adrenaline injector.

In the CEC setting the individualised anaphylaxis care plan template is designed to help meet the requirements (as per National Regulations) of a risk minimisation plan.

The anaphylaxis care plan and ASCIA Action plan together complete the CEC requirements under the National Regulations when planning for the health and medical needs of individual children.

This recommendation is consistent with:

National Regulation 90 (iii): Requiring the development of a risk minimisation plan in consultation with the parent of a child.

National Regulation 162: Health information to be kept in enrolment record.

3.5 The child's individualised anaphylaxis care plan must be reviewed and updated:

- If the child's allergies change.
- After exposure to a known allergen while attending the CEC service.

If medical confirmation has been provided that a child no longer has a food allergy or an allergy where there is a risk of anaphylaxis (that is, they no longer have an ASCIA Action Plan), the CEC service is no longer required to have an individualised care plan specifically for anaphylaxis management for that child. However, the child may have other health care needs that require an individualised care plan.

This recommendation is consistent with:

National Regulation 85: Incident, injury, trauma and illness policies and procedures.

National Regulation 90 (c) (iv): Requiring the development of a communications plan to ensure that (b) a child's parent can communicate any changes to a medical management plan and risk minimisation plan for the child, setting out how that communication can occur.

National Regulation 162: Health information to be kept in enrolment record.

See Implementation guide page 36

RECOMMENDATION 4

Emergency response

4.1 The CEC service must be prepared to respond appropriately to an anaphylaxis emergency, even for children not previously identified as being at risk of anaphylaxis.

If any child is showing signs and symptoms of an allergic reaction, CEC staff should immediately follow the child's ASCIA Action Plan (if they are known to have allergies) or the ASCIA First Aid Plan for Anaphylaxis (for other children), positioning the child appropriately and administering an adrenaline injector if required.

Adrenaline is the first line treatment for anaphylaxis. If in doubt about whether a child is experiencing anaphylaxis or not, staff should immediately administer the child's adrenaline injector if they have one.

For children not previously identified as being at risk of anaphylaxis, staff should immediately administer the CEC service's general use adrenaline injector and follow the ASCIA First Aid Plan for Anaphylaxis.

CEC staff do not require consent from a parent/carer before administering adrenaline for anaphylaxis.

This recommendation is consistent with:

National Regulation 85: Incident, injury, trauma and illness policies and procedures.

National Regulations Division 4 Regulations 92 – 96: Administration of Medication.

Regulation 94: Exception to authorisation requirement—anaphylaxis or asthma emergency (1) Despite regulation 93, medication may be administered to a child without an authorisation in case of an anaphylaxis or asthma emergency.

4.2 The ASCIA Action Plan or ASCIA First Aid Plan should be followed in response to an anaphylaxis. After an adrenaline injector has been administered, the child should stay in position as per the ASCIA Action Plan and an ambulance (where available) should be called to transport the child to hospital for medical monitoring (Consistent with National Regulation 94).

Until the ambulance arrives the child must not be allowed to stand or walk (even if they appear well) and should lay flat or sit with legs outstretched (for example, on the floor) if breathing is difficult.

When paramedics arrive, they will take responsibility for emergency care. Paramedics should stretcher the child to the ambulance (the child must not stand, walk or be carried in an upright position even if they appear well).

Where an ambulance is not available, staff should follow the directions of the ambulance service. If the child needs to be transported to a health care service, the child must be taken to the vehicle without being allowed to stand, walk or being carried in an upright position, even if they appear to be well.

The CEC provider's emergency response plan should include a strategy as to how to manage situations where an ambulance is not available.

This recommendation is consistent with:

National Regulations Division 4 Regulations 92 – 96: Administration of medication.

National Regulation 99: Children leaving the education and care service premises.

4.3 If the child has an ASCIA Action Plan for Anaphylaxis, one of the child's prescribed adrenaline injectors should be available to the CEC service and stored with their ASCIA Action Plan, while they are at the CEC service.

An adrenaline injector and a copy of their ASCIA Action Plan should be made available to CEC staff for any excursion or off-site activity.

The CEC service's access to a prescribed adrenaline injector may include a child over preschool age carrying their own adrenaline injector to and from the CEC service (for example, outside school hours care, vacation care). This is dependent on the child and their ability to manage their own medication. Procedures need to be in place to ensure the adrenaline injector is with the child when they arrive at the CEC service.

CEC services should allow parents to collect their child's prescribed device (if they leave it with the service) when the child is not in the care of the CEC service, such as weekends or during holidays.

This recommendation is consistent with:

National Regulation 90: Medical conditions policy.

National Regulation 95: Procedure for administration of medication.

National Regulation 96: Self-administration of medication.

National Regulation 101: Conduct risk assessment for excursion.

4.4 **CEC providers should have at least one general use adrenaline injector. A copy of the ASCIA First Aid Plan for Anaphylaxis with the correct instructions for the general use adrenaline injector must be stored with the general use device.**

CEC providers should have at least one general use adrenaline injector with a risk assessment undertaken to determine if additional devices are required. The device required (150 microgram or 300 microgram) will depend on the age of the children being cared for.

General use adrenaline injectors are additional to a child's prescribed adrenaline injector and not a substitute for prescribed devices.

CEC providers should have a general use adrenaline injector even when the service does not have a student at risk of anaphylaxis enrolled.

This recommendation is consistent with:

National Regulation 89: First aid kits.

National Regulation 95: Procedure for administration of medication.

4.5 **CEC providers should provide trained staff on excursions or other off-site activities with at least one general use adrenaline injector and an ASCIA First Aid Plan for Anaphylaxis.**

This should be risk assessed to determine if additional injectors may be required.

This recommendation is consistent with:

National Regulation 89: First aid kits.

National Regulation 90: Medical conditions policy.

National Regulation 100: Risk assessment must be conducted before excursion.

National Regulation 101: Conduct of risk assessment for excursion.

4.6 **Adrenaline injectors (general use and prescribed devices) should be kept out of the reach of young children. However, they should be easily accessible when needed and not in a locked cupboard, room, or office.**

Adrenaline injectors should be stored at room temperature (not in the fridge) away from direct sunlight.

This recommendation is consistent with:

National Regulation 89: First aid kits.

National Regulation 90: Medical conditions policy.

4.7 A process should be in place to regularly check (at least every three months) the expiry date of all adrenaline injectors (general use and prescribed) in the CEC service.

The devices should be replaced if they are out of date or if there is any sign of discolouration or sediment.

This recommendation is consistent with:

National Regulation 90: Medical conditions policy.

National Regulation 95: Procedure for administration of medication.

See Implementation guide page 39

RECOMMENDATION 5

Staff training

5.1 **All staff should undertake anaphylaxis training at least every two years. This training must include preventing exposure to known allergens, and how to recognise and respond to an allergic reaction including anaphylaxis.**

All staff have a role in anaphylaxis prevention and management and should know how to recognise and respond to anaphylaxis.

Even where CEC providers do not currently have children or staff with confirmed allergies, staff should be able to recognise and respond to an allergic reaction including anaphylaxis as someone not previously known to be at risk could have their first anaphylaxis while at the CEC service.

This recommendation is consistent with:

National Regulation 136: First aid qualifications.

5.2 Anaphylaxis training should:

- **Be evidence based, follow best practice and be consistent with the recommendations outlined in this document.** The ASCIA anaphylaxis e-training for CEC is recommended. Training may be in person or online.
- **Include how to follow the ASCIA Action Plan in an anaphylaxis emergency.**
- **Be undertaken by all CEC staff including part-time, casual and relief staff.**
- **Be undertaken and completed before starting work with the CEC provider or on the first day of commencing work with the CEC provider as part of the induction process.**
- **Include hands on practice with adrenaline injector trainer devices.**

CEC providers should have adrenaline injector trainer devices available for hands on practice by staff. Adrenaline injector trainer devices should be kept separate to real adrenaline injectors to avoid confusion.

This recommendation is consistent with:

National Regulation 136: First aid qualifications.

5.3 Anaphylaxis refresher training, including hands on practice with adrenaline injector trainer devices should be undertaken at least twice a year.

This should also include a revision of signs and symptoms and a reminder of which children are at risk of anaphylaxis. The ASCIA anaphylaxis refresher e-training is recommended.

In some states and territories, school or community nurses support CEC services and may be able to assist with adrenaline injector training.

5.4 A staff training register should be kept by the CEC provider.

The register should include all names of staff that have completed the training, the name of the course completed, training provider and the date of completion.

This recommendation is consistent with:

National regulation 145: Staff record.

National Regulation 153: Register of family day care educators, co-ordinators and educator assistants.

5.5 The National Allergy Council's All about Allergens for CEC online food allergen management training:

- Should be undertaken at least every two years by all staff responsible for preparing, serving and supervising food for children with food allergies (for example, cooks, chefs and educators).
- A staff training register should be kept with names of staff who complete the training and the date of completion.
- Untrained staff should not be given the responsibility of preparing or serving food for children, staff or visitors with food allergies.
- In CEC services where parents provide the food, staff should still undertake the All about Allergens for CEC online training to learn how to handle, serve and supervise meals.

This recommendation is consistent with:

National Regulation 136: First aid qualifications.

Consistent with National Regulation 145: Staff record.

Consistent with National Regulation 153: Register of family day care educators, co-ordinators and educator assistants (k) evidence of any other training completed by the educator.

See Implementation guide page 45

RECOMMENDATION 6

Education for children and the CEC community

6.1 CEC providers should communicate with their CEC community about food allergy and anaphylaxis at least annually, ideally at the beginning of each calendar year or when enrolments, health plans, medical conditions or allergies being managed by the service change.

This is to help raise awareness and provide information about current CEC provider policies.

Communications with the CEC community should promote an allergy aware approach.

This recommendation is consistent with:

National Regulation 90: Medical conditions policy (iv) development of a communication plan to ensure that (a) staff and volunteers are informed about the medical conditions policy and the medical management plan and risk minimisation plan for the child.

National Regulation 168: Education and care service must have policies and procedures.

National Regulation 170: Policies and procedures to be followed.

National Regulation 171: Policies and procedures to be kept available.

6.2 Communication should be undertaken with volunteers, families and the broader CEC community about the CEC provider's anaphylaxis management policy.

CEC providers should clearly communicate an allergy aware approach in their policy.

This recommendation is consistent with

National Regulation 173: Prescribed information to be displayed (f) if applicable (i) or (ii) ...a notice stating that a child who has been diagnosed as at risk of anaphylaxis is enrolled at the service.

6.3 CEC providers should implement age-appropriate education programs for children.

Australian evidence based, best practice resources should be used. Informing children about the seriousness of food allergies may help to educate children and prevent bullying about food allergy.

A key component of this education includes children not sharing food, drink bottles and eating utensils, including food prepared in cooking activities.

See Implementation guide page 47

RECOMMENDATION 7

Post incident management and incident reporting

Incident reporting

7.1 All allergic reactions (where there is a risk of anaphylaxis) should be reported to the Regulatory Authority by the approved provider. This can be done through the National Quality Agenda IT System (NQAITS) online reporting system and should be undertaken within 24 hours of the incident.

Documentation about the incident should include adequate details about the circumstances and the management of the reaction (see incident reporting checklist page 57 implementation guide).

Allergic reactions to packaged foods or food provided by a food service provider after the allergy has been declared, should be reported to the local Health Department.

This recommendation is consistent with:

National Regulation 87: Incident, injury, trauma and illness record.

National Regulation 174: Time to notify certain circumstances to Regulatory Authority.

National Regulation 176: Time to notify certain information to Regulatory Authority.

7.2 When an incident occurs in a CEC service, a debriefing meeting should be held:

- To discuss the incident for emotional processing.
- To discuss any areas of improvements or learnings (for example, whether there needs to be any changes to the risk management strategies in place).

The child's individualised anaphylaxis care plan should be reviewed and updated if required.

This recommendation is consistent with:

National Regulation 87: Incident, injury, trauma and illness record.

7.3 When an incident occurs in an CEC service, support (for example, counselling) should be provided to staff where required.

Staff involved in managing the anaphylaxis, the child who experienced the anaphylaxis and children who witness the anaphylaxis may require support.

This recommendation is consistent with:

National Regulation 87: Incident, injury, trauma and illness record.

7.4 Nationally standardised information about incidents should be collected at the state and territory level and collated into a national data pool. This will allow identification of common areas of risk, to inform risk minimisation strategies and policy.

This recommendation is consistent with:

National Regulation 87: Incident, injury, trauma and illness record.

See Implementation guide page 48

PART B: IMPLEMENTATION GUIDE

The Implementation Guide provides more detailed information related to each recommendation in the Best practice guidelines to support their adoption and provides links to relevant resources including templates and sample documents. These resources are available as free downloads from the National Allergy Council's **Allergy Aware website**.

Allergy aware approach

Being allergy aware means implementing a range of measures to minimise the chance of a child being exposed to a known allergen. These measures include:

- Knowing which children are at risk of anaphylaxis.
- Knowing what allergies need to be managed in your CEC service.
- Working with parents of children at risk of anaphylaxis to identify appropriate risk minimisation strategies for their child.
- Completing a risk management plan for the CEC service including risk management plans for all off-site activities.
- Implementing appropriate strategies to minimise the risks identified. Some risk minimisation strategies include hand washing, procedures at meal and snack times to ensure that children with allergies get the right food, supervision of children at meal and snack times, use of allergen restricted areas, and not sharing food and drinks or drink bottles.
- Ensuring all staff have undergone anaphylaxis training including hands on practice with adrenaline injector trainer devices.
- Ensuring all staff and volunteers responsible for preparing and serving food have undertaken *All about Allergens for Children's Education and Care* online training.
- Communicating with your CEC community about how your CEC service manages the risk of anaphylaxis and how they can help support the CEC service's approach.
- Communicating with parents of children with food allergies about any CEC activities that involve food.
- Informing children about allergies and how they can help to keep their friends and peers safe. This includes teaching children to not share food or drinks and washing their hands after they eat.

'Allergy aware' vs 'allergen free'

An allergy aware approach is recommended rather than implementing food bans.

- It is NOT recommended that CEC services 'ban' food and as such CEC services should not claim to be free of any allergen. Claiming to be 'nut free' or 'banning peanuts' for example gives staff, and families a false sense of security. Children can be allergic to a wide range of foods and cow's milk, egg, wheat or sesame allergies (for example) are just as serious as having a peanut or tree nut allergy.
- Some CEC services do not include peanuts and tree nuts in their menus as these are not essential foods and can easily be eaten at home. Foods such as wheat, cow's milk (dairy), egg and soy are staple foods providing important nutrition and therefore cannot be removed in CEC services. Instead, allergen-restricted areas may be implemented if required (see below for more information).

CEC Services should pay specific attention to the following:

Supervision of meals and snacks

- Children with food allergy should be supported to engage with their peers and be included in mealtime routines and interactions. All young children and children with developmental delay or other issues that limit their ability to manage their own food allergies should be supervised at meal and snack times.

Allergen restricted areas

- Allergen restricted areas may be used to reduce the risk for children with allergies. Examples of allergen restricted areas include using a separate highchair for a young child with allergies (cleaned thoroughly after each use) or seating children eating messy egg meals, grated cheese or drinking milk or infant formula away from children with egg or milk (dairy) allergies. However, steps should be taken to avoid isolating children from their peers.

Water bottles

- Water bottles belonging to children with food allergy should be kept in a separate location (for example in an open shelf with the child's backpack) to reduce the chance of other children drinking from them.

Hygiene practices

- The CEC services should have procedures in place for educators to support children to participate in personal hygiene practices such as handwashing to prevent contamination or spread of food residue on shared resources and equipment.

Infant formula and other drinks

- The CEC service should have procedures in place to ensure that infants and children with allergies to cow's milk or soy are always given the correct formula or milk substitute.
- Children's education and care services should have a process for storing and labelling infant formula, including when supplied by parents.
- Formula for children with milk allergy should be made first, before making up formula that contains cow's milk or goat's milk.
- Formula tins and formula bottles must be labelled clearly with the child's name (and their allergy if they have one) to make sure the right milk is given to the right child.
- Care must be taken to make sure there is no cross contamination from one infant formula to another, when preparing infant formulas. All formula should be made up using the scoop belonging to that formula tin.

Food based activities

- Cooking and craft activities should be carefully planned to make sure they do not include the child's allergen.

Food service

- The food service provider (employed staff or external provider) may choose to remove peanuts and tree nuts from the menu to minimise the risk of accidental exposure through errors or cross contamination. As peanuts and tree nuts are not staple foods providing essential nutrients, this is a reasonable strategy to implement. Other common allergens such as milk (dairy), wheat containing products (such as bread) and eggs, are staple foods providing essential nutrients and it is not recommended that these foods are removed from the menu.
- Where the CEC service does not provide meals and parents provide food for their children, it is reasonable for the CEC service to request that food provided by parents does not contain peanuts or tree nuts as an ingredient.
- The CEC service should have procedures at meal and snack times to ensure that children with allergies get the right food. These may include coloured plates for children with allergies and checking of meals and snacks by two staff before giving the food to the child.

Resources

Examples of how to reduce the risk of allergic reactions with children's education and care (CEC) services
All about Allergens for CEC

Anaphylaxis management policy and plans

Policy

- Policies help to guide practice and make sure that everyone understands how the CEC service plans to manage allergy. An anaphylaxis policy needs to address all issues outlined in Recommendation 2 'Anaphylaxis Management Policy and Plans'.
- In addition, the policy should:
  - Be reviewed and updated at least every two years to make sure that it still meets the needs of the children in the CEC service.
  - Be site specific to make sure it is appropriate for each individual CEC service.
- This policy must also comply with Regulations 90, 92, 162(c)(i) and 168(d) of the Education and Care Services National Regulations (the National Regulations).

Resources
Sample anaphylaxis management policy for CEC

Anaphylaxis risk management plan

- A risk management plan:
  - Helps to identify areas of potential risk and possible solutions to reduce the risk.
  - Should be developed for day-to-day allergy management at the CEC service.
  - Should also be developed for off-site activities, as the risks will be different.
- An anaphylaxis risk management plan template for CEC has been developed to help staff consider possible risks.

Resources
Anaphylaxis risk management plan template for CEC

Anaphylaxis risk minimisation strategies

- While it is not possible to completely remove the risk of a child having an allergic reaction while in the care of a CEC service, it is possible to reduce the risk using appropriate risk minimisation strategies. Therefore, it is important for CEC services to implement appropriate risk minimisation strategies for known allergens.
- Several site-specific factors (such as the age and number of children and the activities undertaken in the CEC service), will determine which risk minimisation strategies should be put into place.
- A whole of CEC service approach to anaphylaxis risk minimisation is recommended and many of these risk minimisation strategies adopted by the CEC service will also be included in the individualised anaphylaxis care plans for children with known allergies who attend the CEC service.
- ASCIA and A&AA, as the peak medical and patient support bodies for allergy in Australia, have developed a list of appropriate risk minimisation strategies.

Resources

Examples of how to reduce the risk of allergic reactions with children's education and care (CEC) services

Communication plan

- A communication plan outlines how the CEC service intends to communicate with staff, volunteers, children (where appropriate), parents and the broader CEC community about allergies.
- An allergy aware approach is recommended rather than focusing on banning specific food allergens. See Recommendation 1: Allergy aware approach.

Staff, including casual staff and volunteers

- All staff need be aware of children at risk of anaphylaxis, what they are allergic to, and any changes to their allergies to manage risk.
- Inform staff who may not have been included in anaphylaxis training such as cleaners and grounds maintenance staff, about how the CEC service manages allergies and what role they have.

Parents of children with allergies

- Plan how you will inform parents of children with allergies about food provided and activities they will engage in, include any special activities such as incursions and off-site activities.
- Document in the child's individual anaphylaxis care plan how the parent would prefer this communication to occur (for example, phone call, in person communication, email).

CEC community

- Plan when and how the CEC will communicate with the wider community (for example in enrollment packs, newsletters, email reminders at set times during the year (see Education and the CEC community education information and resources).

Children

- Ensure any education about allergies is Australian, age appropriate and evidence based.

Regulation 90(1)(b) of the National Regulations requires staff members and volunteers to be informed about the practices of the service in relation to managing medical conditions that are contained within the service's medical conditions policy.

Regulation 90(1)(c)(iv)(A) of the National Regulations requires communication plans to be developed to ensure that relevant staff members and volunteers are informed about the medical conditions policy and the medical management plans and risk minimisations plans of children.

Regulation 173(2)(f) of the National Regulations also requires services to have a notice, stating that there is a child enrolled at the service who has been diagnosed as at risk of anaphylaxis.

Resources

A&AA Jeremy's book series for younger children

Site specific anaphylaxis emergency response plans

- It is important for CEC services to develop site specific information about how the service will respond to suspected allergic reactions, including in children with no known risk of anaphylaxis.
- The emergency response plan should:
  - Follow the ASCIA Action Plan in terms of actions for allergic reactions including anaphylaxis.
  - Identify staff roles and responsibilities in an anaphylaxis emergency.
  - Include enough detail to guide staff, so that they have a clear understanding of who does what and when, in an anaphylaxis emergency.
  - Include the location and accessibility of adrenaline injectors (prescribed and general use).
- It is recommended that the emergency response plan is practised at least once a year (like you would practise a fire drill).
- Emergency response plans and risk assessments should be developed for all off-site activities and excursions to support anaphylaxis management.

Allergy documentation

ASCIA Action Plans

There are different types of ASCIA Action Plans (see Figure 1).

- Parents of children with an ASCIA Action Plan must provide an up-to-date ASCIA Action Plan to the CEC service.
- If no updated plan is available, the most recent ASCIA Action Plan can still be used but parents must see a doctor or nurse practitioner to update the ASCIA Action Plan as soon as possible.
- ASCIA Action Plans do not expire, and therefore the plan is still valid beyond the date of review, which is a guide for patients to see their doctor or nurse practitioner.
- Allergies to grasses, dust mite or mould do not require an ASCIA Action Plan or individualised anaphylaxis care plan as allergic reactions to these allergens do not result in anaphylaxis. However, medical information from parents is still required and a risk minimisation plan will need to be developed with the CEC service.
- Children can 'outgrow' allergies. If a child has had medical confirmation that they no longer have allergies, a letter of confirmation from the child's treating doctor or nurse practitioner should be provided to the CEC service. Once the CEC service has received a letter from the doctor or nurse practitioner stating that the child is no longer has allergies, the CEC service does not need to provide an individualised anaphylaxis care plan.

Resources
ASCIA Action Plans
ASCIA Action Plan FAQ

ASCIA Action Plans

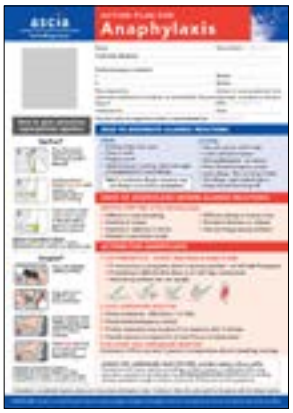
First Aid Plan for Anaphylaxis

ASCIA First Aid Plan for Anaphylaxis (orange)

To be stored with general use adrenaline injectors and used as a poster.

Action Plans for Individuals

ASCIA Action Plan for Anaphylaxis (red)



For people with allergies prescribed an adrenaline injector (EpiPen® or Anapen®).

ASCIA Action Plan for Allergic Reactions (green)

For people with known food, insect, or latex allergies who have not been prescribed an adrenaline injector.

ASCIA Action Plan for Drug (medication) Allergy (dark green)

For people with medication allergy. People with this ASCIA Action Plan are not usually prescribed an adrenaline injector.

Figure 1 Types of ASCIA Action Plans.

Individualised anaphylaxis care plans

- Individualised anaphylaxis care plans are different documents to the ASCIA Action Plans.
- Children with an ASCIA Action Plan (red or green) should have an individualised anaphylaxis care plan. These plans may have a different name in different states and territories. Regardless of the name of the plan, the purpose is the same.
- The purpose of the individualised anaphylaxis care plan is to document the child's allergies, and the risk minimisation strategies that will be put into place to prevent exposure to known allergens, and information about where the child's adrenaline injector (and any other medication) will be stored.
- A copy of the child's ASCIA Action Plan should be attached to the individualised anaphylaxis care plan.
- The child's ASCIA Action Plan must be followed if they have an allergic reaction.
- Individualised anaphylaxis care plans must be updated at the start of each calendar year, when allergies change and when exposure to a known allergen occurs while attending the CEC service.
- Individualised anaphylaxis care plans must be developed in consultation with, and signed by, parents.
- Appropriate risk minimisation strategies to be implemented should be documented and should be considered within a whole of CEC service approach to anaphylaxis management.
- Children who do not have an ASCIA Action Plan (red or green) and children with an ASCIA Action Plan for Drug (Medication) Allergy do not need an individualised anaphylaxis care plan.
- To help collect information about the child's food allergy that can help the cook or chef to provide appropriate meals, a food allergy record template has been developed.

Resources
Individualised anaphylaxis care plan template
Food allergy record template

Emergency response

Adrenaline

- Adrenaline is the first line treatment for anaphylaxis.
- Staff should follow emergency response procedures to make sure the child receives adrenaline as quickly as possible.
- When responding to an allergic reaction, the following principles should be followed:
  - The ASCIA Action Plan should be followed to guide staff as to when and how to give the adrenaline injector.
  - All staff should be trained to follow the ASCIA Action Plan and give the adrenaline injector.
  - Staff should ALWAYS be prepared to administer an adrenaline injector in an anaphylaxis emergency.
  - Staff do not need permission from a parent before giving adrenaline.
  - No child experiencing anaphylaxis should be expected to be fully responsible for self-administration of an adrenaline injector as they may be too unwell and/or have poor judgement during such an emergency.
  - Children who are having anaphylaxis may have asthma-like symptoms without other signs such as rash or swelling. If a child with asthma and a known allergy has sudden severe breathing difficulty, staff should follow the ASCIA Action Plan and treat for anaphylaxis first, rather than asthma.
  - If in doubt, administer the adrenaline injector FIRST and then other medication as indicated on the ASCIA Action Plan. Antihistamines, corticosteroids and asthma medicines are not suitable alternatives to adrenaline for treating anaphylaxis.
- After an adrenaline injector has been given, an ambulance must be called to transport the child to hospital for medical monitoring.
- Once a child's adrenaline injector has been used, it must be replaced by the parents as soon as possible.
- If a general use adrenaline injector has been used, this must be replaced by the CEC provider immediately.

Procedures when staff are administering medication, including adrenaline, under regulation 94 and 95 of the National Regulations must also be followed.

Regulation 94(2) of the National Regulations requires both emergency services and the parent of the child to be notified as soon as practicable.

Regulation 94 - Exception to authorisation requirement—anaphylaxis or asthma emergency.

Resources

A&AA How to give EpiPen® animation
A&AA How to give Anapen® animation
ASCIA adrenaline injectors FAQ

Positioning and further monitoring

- Staff should make sure the child experiencing anaphylaxis is lying down or sitting with legs out flat and is not upright (not sitting in a chair, not held in an upright position if a baby or young child, and not standing or walking). This can potentially save their life.
- If the child has low blood pressure due to anaphylaxis, they could collapse if allowed to sit up in a chair, stand or walk, and may not be able to be resuscitated.
- Therefore, paramedics must stretcher the child to the ambulance (they must not stand or walk) even if they appear to have recovered. If the child will not lay on a stretcher they could sit with an accompanying adult or be carried laying flat.
- The child needs medical monitoring for at least 4 hours in case their reaction gets worse, therefore they must be transported by ambulance (where possible) to a hospital (or medical facility).

Resources

How to position a child or adult having a severe allergic reaction (anaphylaxis) animation

Prescribed adrenaline injector devices

- In Australia, EpiPen® and Anapen® adrenaline injectors are available (see Figure 2), and CEC services must accept children with either device as prescribed by their doctor or nurse practitioner. Staff should be trained in how to administer both devices.
- If the child has an ASCIA Action Plan for Anaphylaxis, one of the child's prescribed adrenaline injectors must be available to the CEC service accompanied by their ASCIA Action Plan, while they are present at the CEC service.
- For older children attending outside school hours care or vacation care, the parents may prefer the child to carry their adrenaline injector rather than hand it over to the CEC service. A decision about whether this is appropriate is site-specific and the following issues should be considered:
  - Will the adrenaline injector always be remembered and be with the child while they are at the CEC service?
  - How easy is it for the CEC staff to access the adrenaline injector if it is kept in the child's bag?
  - Does the CEC service have a general use adrenaline injector in case the CEC service cannot access the child's prescribed device?

Figure 2: The 150 microgram (Anapen® 150, EpiPen® Jr) and 300 microgram (Anapen® 300 and Epipen®) adrenaline injector devices available in Australia.

EpiPen® Jr

Anapen® Junior 150

EpiPen®

Anapen® 300

General use adrenaline injector devices

- CEC providers should have at least one general use adrenaline injector.
- The device required (150 micrograms or 300 micrograms) will depend on the weight of the children being cared for.

Different doses of adrenaline injectors are available:

  - 150 microgram adrenaline injectors - for children 7.5 – 20 kg (approximately up to 5 years of age).
  - 300 microgram adrenaline injectors - for children over 20kg or more (usually aged 5 and up) and adults.
  - 500 microgram adrenaline injectors devices are also available and may be used if the person weighs 50kg or more.

- A risk assessment should be undertaken to determine if more than one general use adrenaline injector is required
- General use adrenaline injectors are important for the following situations:
  - A child who is known to be at risk of anaphylaxis does not have their own device immediately accessible or the device is out of date.
  - Further doses of adrenaline are required before an ambulance has arrived.
  - A child's device has misfired or accidentally been discharged.
  - A child previously diagnosed with a mild or moderate allergy not prescribed an adrenaline injector has their first anaphylaxis.
  - A child having their first anaphylaxis who was not known to be at risk (for example, a child having their first reaction at the CEC service).

It is safe to use the CEC service's general use adrenaline injector if it is a different brand to the child's own prescribed adrenaline injector as a second or subsequent dose.

Regulation 94: Exception to authorisation requirement—anaphylaxis or asthma emergency (1) Despite regulation 93, medication may be administered to a child without an authorisation in case of an anaphylaxis or asthma emergency.

Resources
ASCIA adrenaline injectors for general use
ASCIA adrenaline injectors FAQ

Using another child's adrenaline injector device

- If there is no other adrenaline injector available, CEC staff may use another child's adrenaline injector. This may save a life.
- If another child's adrenaline injector is used in an anaphylaxis emergency, it is essential that the child's parents are notified, and the device is replaced immediately by the CEC service.

Regulation 94: Exception to authorisation requirement—anaphylaxis or asthma emergency (1) Despite regulation 93, medication may be administered to a child without an authorisation in case of an anaphylaxis or asthma emergency.

Resources
ASCIA adrenaline injectors FAQ

Expired adrenaline injectors

- Risk management plans should include strategies to make sure that there is always an in-date adrenaline injector available for use in an anaphylaxis emergency.
- Should the situation arise where only an expired adrenaline injector is available, this device should be used rather than using no device at all.

Resources
ASCIA adrenaline injectors FAQ

Storing adrenaline injectors

- In CEC services, adrenaline injectors are exempt from being stored in locked first aid cabinets. They should be easily accessible to staff, but out of reach of young children.
- Adrenaline injectors should be stored at room temperature away from direct sunlight.
- When participating in off-site activities, remember to keep adrenaline injectors out of direct sunlight (for example, keeping the devices in the shade when participating in off-site activities).
- Adrenaline injectors must not be left in cars or buses (as they will get too hot) and they must not be stored in a fridge or directly touching a freezer brick (this can affect the injector mechanism).

Resources
ASCIA adrenaline injector storage, expiry and disposal

Staff training

Anaphylaxis training

- All staff have a role in anaphylaxis prevention and management and should know how to prevent, recognise and respond to anaphylaxis.
- Training (online or in person) should be undertaken every two years. ASCIA anaphylaxis e-training for CEC is recommended and takes about one hour to complete with a certificate issued upon successful completion.
- First aid training courses, even those that include some reference to anaphylaxis, do not meet the requirement of anaphylaxis training.
- If not undertaking the ASCIA anaphylaxis e-training for CEC, theoretical training should meet the National Allergy Council's minimum content requirements for anaphylaxis management training, which includes:
  - What is allergy and anaphylaxis?
  - Common causes of allergic reactions including anaphylaxis.
  - Signs and symptoms of mild to moderate and severe allergic reactions.
  - Using ASCIA Action Plans as the emergency guide to manage allergic reactions including anaphylaxis.
  - Instruction on how to use adrenaline injectors including hands on practice with adrenaline injector trainer devices.
  - Identifying appropriate risk minimisation strategies to prevent exposure to allergic triggers.
- Other training considerations include:
  - CEC staff should be aware of the site's emergency response plan for anaphylaxis.
  - If an allergic reaction occurs, staff training requirements need to be reviewed.
  - Staff should know where individual and general use adrenaline injectors are stored.
- For family day care services, under current legislation, each family day care educator and family day care educator assistant needs to:
  - Hold a current approved first aid qualification; and
  - Have undertaken current approved anaphylaxis management training; and
  - Have undertaken current approved emergency asthma management training.

Resources

National Allergy Council Minimum content requirements for anaphylaxis management training

ASCIA anaphylaxis e-training for CEC

Anaphylaxis refresher training

- ASCIA anaphylaxis refresher training is recommended and provides staff with the opportunity to revise anaphylaxis signs, symptoms and actions including how to use adrenaline injectors. This is a free course and takes about 10–15 minutes to complete and should be undertaken twice yearly. A certificate is available upon successful completion.
- Hands on practice with adrenaline injector trainer devices is important to help staff confidence to give an adrenaline injector device in an emergency and should be part of staff development and training.
- In some states and territories, school or community nurses support CEC services and may be able to assist with adrenaline injector training.

Resources

ASCIA anaphylaxis refresher training
Trainer devices are available from the distributor of the device or from A&AA
A&AA How to give EpiPen® animation
A&AA How to give Anapen® animation

Food allergen management training for food service

- It is important that staff responsible for preparing, serving and supervising food (such as cooks, chefs, educators) understand food allergen management.
- All about Allergens for CEC is recommended and should be completed at least every two years. This is a free course developed by the National Allergy Council and takes about one hour to complete and a certificate is issued upon successful completion.
- Several supporting resources have been developed to assist CEC staff responsible for preparing and serving food to children with food allergies, including staff who supervise mealtimes.

Resources

All about Allergens for CEC
Food allergen menu matrix template and sample
Standardised recipe template and sample
Food allergen ingredient substitution tool
Food service form for children with special dietaries template and sample
Food allergy record template
Food allergen management audit tool for CEC
Food Allergens: The Usual Suspects poster

Education for children and the CEC community

Awareness raising in the CEC community

- CEC services should communicate about anaphylaxis management with their broader CEC community to help raise awareness and provide information about current policies.
- CEC services should promote an allergy aware approach.
- Raising awareness can help support children with food allergy.
- CEC services should communicate with the community at the start of each year to remind parents that children with severe allergies attend the service.
- Communicating at other times throughout the year is also encouraged, such as a short notice in the CEC newsletter.

Resources
Sample letter about anaphylaxis and allergies for the children's education and care community

Education about allergies for children

- It is important that children learn about allergy as they can provide support to their friends with food allergy, and also potentially help alert staff if their friend is having an allergic reaction.
- Educating children about the seriousness of food allergies may help prevent bullying.
- Incorporating peer education into story time in the early years, can help support children with food allergy.
- Key strategies to be communicated to children include:
  - Children not sharing food and utensils.
  - Always drink from their own water bottle.
  - Food prepared in cooking activities should not be shared.
  - Wash hands before and after eating, especially if eating something their friend is allergic to.

Resources
A&AA curriculum resources

INFORMATION AND RESOURCES

Post incident management and incident reporting

- Staff from the CEC service must report all allergic reactions and anaphylaxis through the National Quality Agenda IT System (NQAITS) system within 24 hours of the incident.
- CEC services are encouraged to use an anaphylaxis incident reporting template following any anaphylaxis or near miss. An anaphylaxis incident reporting template has been developed so the same information can be collected across all states and territories.
- If an allergic reaction has occurred to a packaged food or food provided by the CEC service, the incident should be reported to the local Health Department or State Food Authority. The suspected food that triggered the allergic reaction should be covered, clearly labelled, and stored in the freezer as it may be required for analysis in an investigation.
- Counselling or psychological services may be required by staff or children involved in or witnessing an anaphylaxis and the CEC service should encourage access where required.

Resources

Anaphylaxis incident reporting template
National Quality Agenda IT System (NQAITS) online reporting system
A&AA how to report reactions to food

APPENDICES

Appendix A:
Other serious forms of food allergy that do not trigger anaphylaxis

Food Protein Induced Enterocolitis Syndrome (FPIES) and Eosinophilic oesophagitis (EoE) are serious forms of food allergy, even though they do not trigger anaphylaxis. It is important that children and staff with FPIES and EoE strictly avoid their trigger foods for these conditions. Appropriate risk minimisation strategies to prevent exposure to known triggers should be put in place.

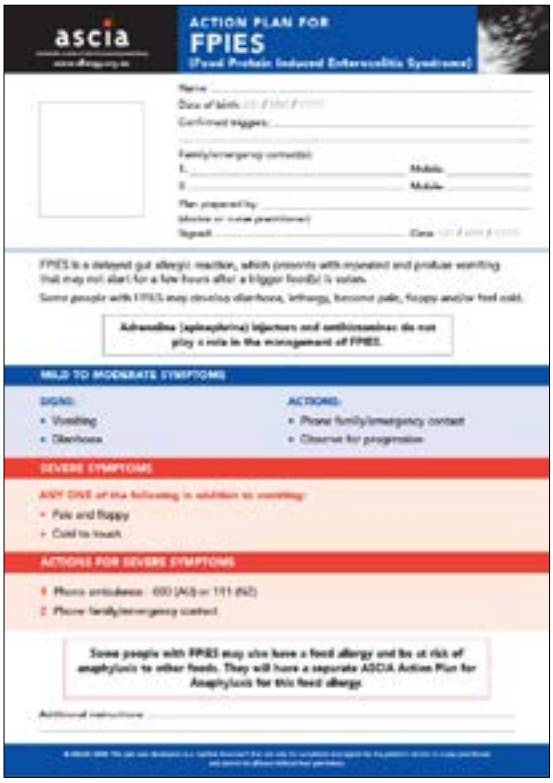
Food Protein Induced Enterocolitis Syndrome (FPIES)

What is food protein induced enterocolitis syndrome?

- Food protein-induced enterocolitis syndrome (FPIES) is a reaction to food that involves the immune system, but in a different way to more common food allergies that can potentially result in anaphylaxis.
- FPIES mainly affects babies and young children, but can affect older children and adults.
- It is caused by an allergic reaction to trigger foods when eaten, which results in inflammation of the small and large intestine (the gut).
- FPIES is different to common food allergies (where there is a risk of anaphylaxis) as FPIES reactions:
  - Are usually delayed (2-4 hours after eating the food).
  - Only involve the gastrointestinal system (no hives or swelling).
  - Do not progress to anaphylaxis and are not treated with adrenaline.
- Some people with FPIES will also have a food allergy and be at risk of anaphylaxis.

What are the symptoms and treatment?

- Profuse vomiting (and sometimes diarrhoea) most commonly occurs two to four hours after eating a trigger food.
- Some children may become pale, floppy, have a reduced body temperature and/or reduced blood pressure during a reaction.
- If a child becomes pale and floppy or cold to touch, an ambulance should be called as the child needs URGENT medical treatment.
- Adrenaline is NOT a treatment for FPIES, unlike anaphylaxis where adrenaline is a lifesaving treatment.


ascia

ACTION PLAN FOR
FPIES
(Food Protein Induced Enterocolitis Syndrome)

MILD TO MODERATE SYMPTOMS

SEVERE SYMPTOMS

ACTIONS FOR SEVERE SYMPTOMS

Management of FPIES in CEC services and schools

- Children diagnosed with FPIES should have an ASCIA Action Plan for FPIES completed and signed by their doctor.
- Parents should provide a copy of the ASCIA Action Plan for FPIES to the CEC service or school.
- Staff should be aware of which children have FPIES.
- Strict avoidance of the trigger food is the only way to manage FPIES.
- Appropriate risk minimisation strategies to prevent exposure to known triggers should be implemented such as those strategies implemented to prevent anaphylaxis.

Further information is available at **https://www.allergy.org.au/patients/food-other-adverse-reactions/food-protein-induced-enterocolitis-syndrome-fpies**

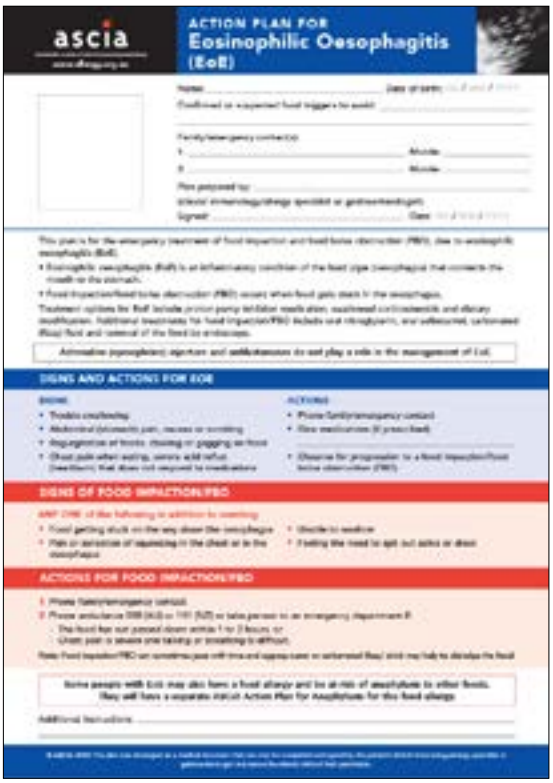
Eosinophilic oesophagitis (EoE)

What is eosinophilic oesophagitis?

- Eosinophilic oesophagitis (EoE) is a condition where white blood cells (eosinophils) are found in the lining of the oesophagus (the food tube that connects the mouth to the stomach).
- EoE can be caused by an allergic reaction to a food.
- EoE is different to common food allergies (where there is a risk of anaphylaxis) as EoE reactions:
  - Can result in food getting stuck in the oesophagus (food tube between mouth and stomach).
  - Only involve the gastrointestinal system/gut (no hives or swelling).
  - Do not progress to anaphylaxis and are not treated with adrenaline.
- Some people with EoE will also have a food allergy and be at risk of anaphylaxis.

What are the symptoms and treatment?

- Trouble swallowing, abdominal pain, nausea or vomiting.
- Reflux of foods, choking or gagging on food.
- Chest pain when eating, severe acid reflux (heartburn) that does not respond to medications.
- Food impaction – food getting stuck, pain or squeezing sensation in the chest or oesophagus, unable to swallow, feeling the need to spit out saliva or drool.
- An ambulance should be called if food is stuck, or the child has severe chest pain and talking or breathing is difficult.


ascia

ACTION PLAN FOR
Eosinophilic Oesophagitis (EoE)

SIGNS AND ACTIONS FOR EOE

SIGNS OF FOOD IMPACTION/FBO

ACTIONS FOR FOOD IMPACTION/FBO

Management of EoE in CEC services and schools

- Children diagnosed with EoE should have an ASCIA Action Plan for EoE completed and signed by their doctor.
- Parents should provide a copy of the ASCIA Action Plan for EoE to the CEC service or school.
- Staff should be aware of which children have EoE.
- Avoidance of the trigger foods helps to manage EoE. Appropriate risk minimisation strategies to prevent exposure to known triggers should be implemented such as those strategies implemented to prevent anaphylaxis.
- CEC services should discuss management options with parents which will be guided by the child's treating doctor.

Further information is available at **https://www.allergy.org.au/patients/food-other-adverse-reactions/eosinophilic-oesophagitis**

Appendix B:
List of supporting resources

Anaphylaxis management policy and plans	Sample anaphylaxis management policy for CEC Anaphylaxis risk management plan template for CEC Examples of how to reduce the risk of allergic reactions in children's education and care (CEC) services
Allergy documentation	ASCIA Action Plans National Allergy Council Individualised anaphylaxis care plan template for CEC Food allergy record template
Adrenaline injectors	A&AA How to give EpiPen® animation A&AA How to give Anapen® animation ASCIA adrenaline injectors FAQ National Allergy Council How to position a child or adult having a severe allergic reaction (anaphylaxis) animation ASCIA adrenaline injectors for general use ASCIA adrenaline injector storage, expiry and disposal

Staff training – anaphylaxis management	National Allergy Council Minimum content requirements for anaphylaxis management training ASCIA anaphylaxis e-training for CEC ASCIA anaphylaxis refresher training National Allergy Council How to safely remove ticks animation Trainer devices are available from the distributor of the device or from A&AA
Staff training – food service	All about Allergens for CEC Food allergen menu matrix template and sample Standardised recipe template and sample Food allergen ingredient substitution tool Food service form for children with special dietaries template and sample Food allergy record template Food allergen management audit tool for CEC Food Allergens: The Usual Suspects poster

Education for children and the CEC community	How can families support allergy aware children's education and care (CEC) services? What does it mean to be an allergy aware CEC service? Sample letter about anaphylaxis and allergies for the children's education and care community A&AA curriculum resources NSW Department of Education 'Allergy & Management within the Curriculum P–12'
Incident reporting	Anaphylaxis incident reporting template A&AA How to report reactions to food

National Allergy Council Anaphylaxis management checklist for children's education and care services

Allergy aware approach

- [ ] The Children's Education and Care (CEC) service implements an allergy aware approach to preventing and managing anaphylaxis.

Allergy documentation

- [ ] The CEC service has an anaphylaxis management policy and it has been reviewed in the past two years.
- [ ] Information regarding allergies is requested when a child enrols.
- [ ] Individualised anaphylaxis care plans are reviewed annually, if a child's allergies change, and after exposure to a known allergen at the CEC service.
- [ ] All parents of children with known allergies attending the CEC service are required to provide an ASCIA Action Plan completed and signed by the child's doctor or nurse practitioner.
- [ ] All children with an ASCIA Action Plan have an individualised anaphylaxis care plan completed in consultation with the child's parent or carer.
- [ ] The child's ASCIA Action Plan is displayed in appropriate staff areas around the CEC service with parent consent.
- [ ] An incident report is completed for all allergic reactions.

Allergy medications

- [ ] Where prescribed, the child's adrenaline injector and other medication should be available at all times.
- [ ] Where adrenaline injectors are stored by the CEC service, they should be stored unlocked, easily accessible to staff but not accessible to children. They are stored at room temperature, away from direct heat and sunlight.
- [ ] Adrenaline injectors are stored with a copy of the child's ASCIA Action Plan.
- [ ] Adrenaline injectors (general use and prescribed) are checked for expiry each term.
- [ ] A process is in place to make sure adrenaline injectors and ASCIA Action Plans are taken whenever the child goes to off-site activities.
- [ ] At least one general use (non-prescribed) adrenaline injector is in a first aid kit and stored with a copy of the ASCIA First Aid Plan for Anaphylaxis.

Staff training

- [ ] All staff undertake anaphylaxis training including hands on practice with adrenaline injector trainer devices, at least every two years and prior to starting work at the CEC service.
- [ ] All staff undertake anaphylaxis refresher training including hands on practice with adrenaline injector trainer devices, twice yearly.
- [ ] All staff responsible for preparing and serving food undertake All about Allergens for Children's Education and Care training, at least every two years.
- [ ] A staff training register is kept.

Strategies to reduce risk

- [ ] Appropriate strategies to minimise exposure to known allergens are in place.
- [ ] Staff are reminded about strategies to reduce risk at staff meetings.
- [ ] The CEC service has an anaphylaxis risk management plan.
- [ ] A communication plan has been developed and communications with the CEC community about allergies are undertaken at least at the start of each year.
- [ ] An anaphylaxis emergency response plan has been developed and staff practise scenarios for responding to an anaphylaxis emergency at least once a year.
- [ ] Education to raise awareness amongst children attending the CEC service is undertaken in an age and developmentally appropriate way.

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Template for reporting an allergic reaction

The following data should be collected by children's education and care services for all allergic reactions (where there is a risk of anaphylaxis):

Child's name and date of birth.

Date and time of the allergic reaction.

Does the child have an ASCIA Action Plan for Anaphylaxis or ASCIA Action Plan for Allergic Reactions? ☐ Yes ☐ No

Where was the child when the allergic reaction occurred?

What caused the allergic reaction? Was the child exposed to a known allergen and how did the exposure occur?

If no known allergies, what was the suspected cause of the allergic reaction?

Name and position (for example, educator, administrator) of the staff member who provided first aid.

Signs and symptoms observed.

Was the child's ASCIA Action Plan followed? ☐ Yes ☐ No

Where was the child treated?

How was the child positioned during the allergic reaction (sitting with legs outstretched or lying down)?

Was a prescribed adrenaline injector device used? If not, why (for example expired, misfired, not as close to hand as a general use device)?

Was a general use adrenaline injector device used? ☐ Yes ☐ No

If so, why (for example first anaphylaxis, second dose)?

How long after observing anaphylaxis symptoms was the adrenaline injector administered?

What medications were given, including additional doses of adrenaline? When were they given?

Was an ambulance called? ☐ Yes ☐ No

Was the child stretchered to the ambulance? ☐ Yes ☐ No

Was the child transported to hospital? ☐ Yes ☐ No

Was the parent/emergency contact called? ☐ Yes ☐ No

Any additional information that may be relevant to the incident.

Allergic reactions to packaged foods or food provided by a food service provider after the allergy has been declared, should be reported to the local health department.

allergy AWARE

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