

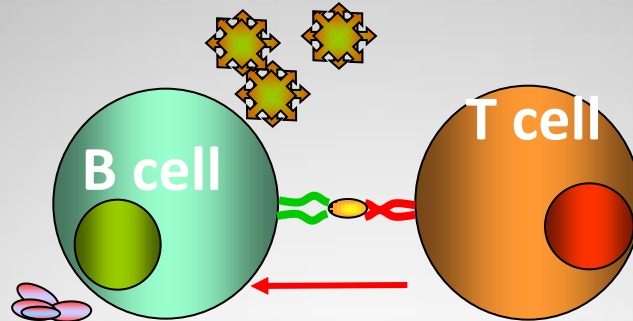


# PANEL 1



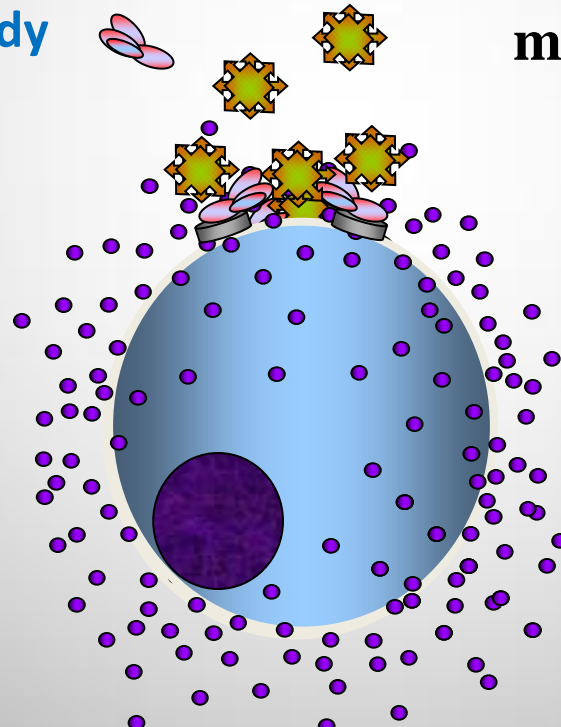
## Sensitization

Food / Protein



IgE  
Antibody

## Reactivity



Mast cell / Basophil

**\*Immune amplification mechanism**

- Immediate
- Difficult to predict
- Could be localized to few cells (mild)

**OR**

➤ **Could cause cascade of events that rapidly progresses in severity**



❖ **Skin**: itchiness, flushing, hives, swelling/ angioedema

✓ Most common symptom

❖ **Gastrointestinal**: nausea, vomiting, abdominal pain, diarrhea

❖ **Respiratory** runny nose, wheezing, throat closing/swelling

❖ **Cardiovascular**: dizziness, heart rhythm irregularities, shock

❖ **Other**: feeling of impending doom

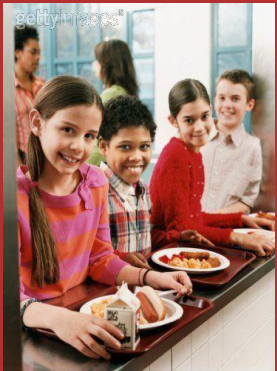
❖ **Anaphylaxis ~ 20%**



<b>Food</b>	<b>Children</b>	<b>Adults</b>	<b>US pop</b>	<b>Outgrown</b>
<b>Milk</b>	<b>2.5%</b>	<b>0.3%</b>	<b>0.6-0.9%</b>	<b>80%</b>
<b>Egg</b>	<b>1.3%</b>	<b>0.2%</b>	<b>0.3-0.9%</b>	<b>60-80%</b>
<b>Peanut</b>	<b>0.8-1.2%</b>	<b>0.6%</b>	<b>0.4-0.8%</b>	<b>20%</b>
<b>Tree nut</b>	<b>0.2%</b>	<b>0.5%</b>	<b>0.4%</b>	<b>9%</b>
<b>Fish</b>	<b>0.1%</b>	<b>0.4%</b>	<b>0.2-0.3%</b>	<b>No ?</b>
<b>Shellfish</b>	<b>0.1%</b>	<b>2.0%</b>	<b>0.6%</b>	<b>No ?</b>
<b>Other</b>	<b>-</b>	<b>-</b>	<b>Wheat- 0.2-1.2%</b> <b>Soy – 0.03-0.7%</b>	<b>Wheat 30-65%</b>
<b>Total</b>	<b>6%</b>	<b>3.7%</b>	<b>3.0% (3.9%)</b>	<b>—</b>

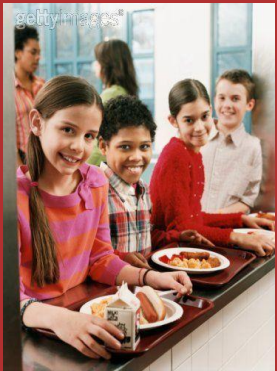
# Why Should Schools Be Prepared to Address Food Allergies?

- Schools have a responsibility to care for health and safety of children under their care.
- A first food allergy reaction could happen at school.
- Delay in providing epinephrine and effective emergency response can result in fatalities.
- Food allergies could be a complicating factor when dealing with other conditions.
- Students with food allergies have unique social and emotional challenges.



# Six Component Plan to Manage Chronic Conditions (e.g., Food Allergies)

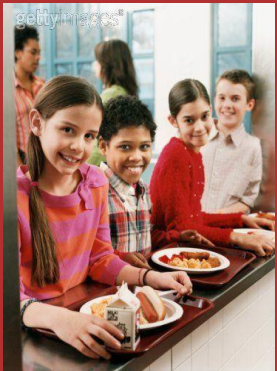
- Establish a positive, receptive school climate.
- Use a coordinated approach that involves school staff and services. (e.g., identify and monitor students with food allergies, establish Individual Health Care Plans [IHP] and Emergency Care Plans [ECP] for students).
- Implement practices that minimize exposure to all allergens.
- Train school staff.
- Develop culturally and developmentally appropriate health education for students and parents.
- Establish written emergency protocols to prepare for and respond to food allergy emergencies.





# PANEL 2





# Common Calls/Emails into FAAN

- Sending a child off to school
- Starting the line of communication
- The risk of a reaction
- Food is everywhere at school
- Schools just don't "get it"
- What are my "rights"?
- Epinephrine issues
- Positive experiences/examples

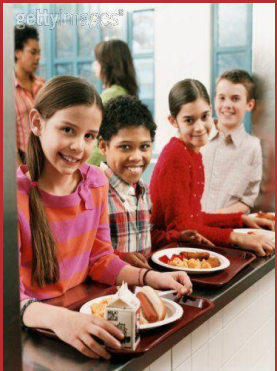


# PANEL 3



# Liability if a Student Ingests an Allergen?

- Probably only if the student dies or is seriously injured and then only depending on the circumstances
- District could be liable for a tort:
  - Duty of care
  - Breach of the duty
  - Proximate cause of the injury
  - Damages



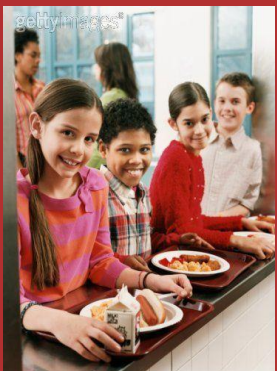
# What is a Section 504 Plan?

- Section 504 is a federal law which requires schools to ensure that students with disabilities are able to participate in and receive the benefits of an education
- Most students with life threatening allergies are likely covered under Section 504
  - A life threatening food allergy might render a person substantially impaired in numerous major life activities including breathing and eating
- An individual health care plan might work just as well



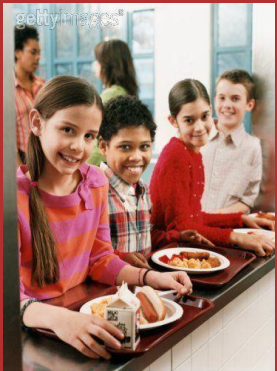
# What Should a Section 504 Plan Include?

- Discuss how the risk of exposure will be minimized
- Discuss emergency protocols in the event of an exposure
- Training of staff, students, and parents
- Reasonable accommodations will vary
  - My personal favorite: staff would wash their hands or not touch the student unless they used nut free hand care products



# Common Section 504 Plan Mistakes

- Not addressing allergens in all environments (regular classroom, library, computer lab, recess, etc.)
- Details about the training—how often, how long, who will receive, what will it cover?
- Emergency procedures not saying WHO will take required actions
- Excluding student with allergies from activities (invite parents to attend field trips rather than preventing students with allergies from attending)

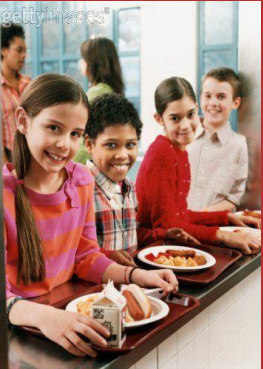




# Resources

# National School Boards Association

## www.nsba.org/schoolhealth



Welcome Caroline Myers

[\(Logout\)](#)

November 02, 2010

EMAIL PAGE? PRINT PAGE? TEXT SIZE + -

**Our Members: State Associations of School Boards**

**Calendar of Events**

**Advocacy & Legislation**

**School Governance**

**Superintendent Search**

**School Board Policies**

**Conferences & Training**

**School Health**

[About School Health](#)

[Updates & Announcements](#)

[Search Our Database](#)

[Promising District Practices](#)

[School Health "101" Packets](#)

[Selected NSBA Publications](#)

[Tobacco Consortium](#)

[Asthma & Schools](#)

[Flu Planning for Schools](#)

[Childhood Obesity & Schools](#)

[School Health Links](#)

[Contact School Health](#)

**School Law**

**Resource Center**

**NSBA Bookstore**

**BuyBoard**

National Affiliate Program

Council of Urban Boards of Education

Council of School Attorneys

Technology Leadership Network

Federal Relations Network

Federal Policy Coordinators Network

Caucuses

Newsroom

HOME / SCHOOL HEALTH

## School Health Programs



Working with and through **State School Boards Associations**, NSBA's School Health Programs department helps school policymakers and educators make informed decisions about health issues affecting the academic achievement and healthy development of students and the management of schools.

### Why Is School Health Important?

Research shows that when school districts and schools have effective policies and practices that support the health of their students and staff:

- Student and staff absenteeism decreases
- Student concentration improves
- Student behavior problems are reduced
- Children and adolescents establish life-long health-promoting behaviors

NSBA's **Beliefs and Policies** recognize the critical link between health and learning and the role of schools to further the well-being of students and the greater school community.

**This website is your source for information on policy and practice related to school health issues.** Explore the sidebars to the left to access the School Health Resource Database, "101" packets of information on key topics, announcements of new resources and special events, promising practices from across the country, NSBA health-related publications, links to other websites, and much more.

*This site contains links to HIV Prevention messages and materials that are intended to educate PK-12 public school policy makers and professionals to inform their decisions about policy and practice. These messages may not be appropriate for all audiences. Materials related to HIV that have been published by NSBA with support from the Centers for Disease Control and Prevention have been reviewed and approved by a national program review panel.*

### Updates and Special Announcements

**NSBA's Food Allergies and Schools Webcast - Register Today!**

The webcast, *Food Allergies and Schools: Keeping Students Safe and Ready to Learn*, being held on Tuesday, November 9, 2010 from 2-3:30 EST, is free but registration is required.

**Celebrate the 35th Annual Great American Smokeout on November 18th**

October 26, 2010 - Thursday, November 18th marks the 35th Annual Great American Smokeout, a day that encourages smokers to quit. Schools and districts can celebrate by reviewing the tobacco-free school policies that help make sure their kids never start.

Click [here](#) for the complete list of updates and announcements



# SAFE AT SCHOOL AND READY TO LEARN:

**A COMPREHENSIVE POLICY GUIDE FOR PROTECTING  
STUDENTS WITH LIFE-THREATENING FOOD ALLERGIES**



# Food Allergy & Anaphylaxis Network

[www.foodallergy.org](http://www.foodallergy.org)



**FAAN**

THE FOOD ALLERGY &  
ANAPHYLAXIS NETWORK

[Contact Us](#) | [Español](#) | [Careers](#)

[Shop](#) | [Recipes](#) | [Donate](#) | [Events](#) | [Alerts](#) | [Log In](#) | [Join Us](#)

[ABOUT US](#) | [EDUCATION](#) | [AWARENESS](#) | [RESEARCH](#) | [ADVOCACY](#) | [ALLERGENS](#) | [MEDIA CENTER](#)

Search

Tell me more about allergies to:

[Milk](#) [Egg](#) [Peanut](#) [Tree Nuts](#) [Fish](#) [Shellfish](#) [Soy](#) [Wheat](#) [Other](#)

## Gathering for Thanksgiving

Whether you're hosting or visiting a loved one's home, we've got tips for preparing for a Thanksgiving feast when you're also managing food allergies.

[Learn More](#)



1 2 3

## Community & Support



### Vote to Fund a Cure for Life-Threatening Food Allergies

We're hoping that you will continue to support the Pepsi Refresh Project to "Fund a Cure for Life-Threatening Food Allergies." We applied for a \$250,000 grant for research, and this idea made it to the voting stage as well. There are three ways to vote:

Support FAAN

[JOIN](#)

[DONATE](#)

## Alerts & News

### Peanut Allergy Alert

Oct. 23, 2010 Nestlé USA is recalling "Nestlé @ Raisinets @ Fun Size Bags" due to undeclared peanuts. The 10-oz bags were sold in Target, Shop Rite, and...

[Subscribe to Alerts Feed](#) | [Receive Alerts by e-mail](#)

### FAAN CEO Julia Bradsher to Speak to Grocery Employees about Food Allergies

In keeping with a commitment to raising awareness and educating others about food allergies, Julia Bradsher, CEO of FAAN (the Food Allergy & Anaphylaxis Network), will be discussing food...

[Subscribe to News Feed](#) | [See all News](#)

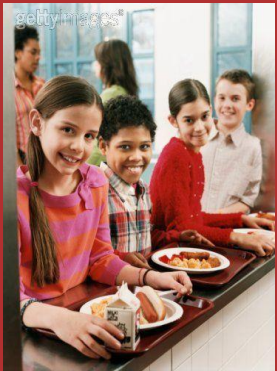
E-mail Sign-Up

E-mail address

[GO](#)

Connect





# Food Allergy Action Plan

## Food Allergy Action Plan

Name: \_\_\_\_\_ D.O.B.: / /

Allergy to: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Asthma:  Yes (higher risk for a severe reaction)  No

Place Student's Picture Here

Extremely reactive to the following foods: \_\_\_\_\_  
**THEREFORE:**  
 If checked, give epinephrine immediately for ANY symptoms if the allergen was *likely* eaten.  
 If checked, give epinephrine immediately if the allergen was *definitely* eaten, even if no symptoms are noted.

**Any SEVERE SYMPTOMS** after suspected or known ingestion:

One or more of the following:  
**LUNG:** Short of breath, wheeze, repetitive cough  
**HEART:** Pale, blue, faint, weak pulse, dizzy, confused  
**THROAT:** Tight, hoarse, trouble breathing/swallowing  
**MOUTH:** Obstructive swelling (tongue and/or lips)  
**SKIN:** Many hives over body

Or combination of symptoms from different body areas:  
**SKIN:** Hives, itchy rashes, swelling (e.g., eyes, lips)  
**GUT:** Vomiting, crampy pain



**1. INJECT EPINEPHRINE IMMEDIATELY**  
 2. Call 911  
 3. Begin monitoring (see box below)  
 4. Give additional medications:  
 -Antihistamine  
 -Inhaler (bronchodilator) if asthma

\*Antihistamines & inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). USE EPINEPHRINE.

**MILD SYMPTOMS ONLY:**

**MOUTH:** Itchy mouth  
**SKIN:** A few hives around mouth/face, mild itch  
**GUT:** Mild nausea/discomfort



**1. GIVE ANTIHISTAMINE**  
 2. Stay with student; alert healthcare professionals and parent  
 3. If symptoms progress (see above), USE EPINEPHRINE  
 4. Begin monitoring (see box below)

**Medications/Doses**  
 Epinephrine (brand and dose): \_\_\_\_\_  
 Antihistamine (brand and dose): \_\_\_\_\_  
 Other (e.g., inhaler-bronchodilator if asthmatic): \_\_\_\_\_

**Monitoring**  
 Stay with student; alert healthcare professionals and parent. Tell rescue squad epinephrine was given; request an ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See back/attached for auto-injection technique.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_ Physician/Healthcare Provider Signature \_\_\_\_\_ Date \_\_\_\_\_

TURN FORM OVER Form provided courtesy of FAAN ([www.foodallergy.org](http://www.foodallergy.org)) 7/2010



**EPIPEN Auto-Injector and EPIPEN Jr Auto-Injector Directions**

- First, remove the EPIPEN Auto-Injector from the plastic carrying case
- Pull off the blue safety release cap
- Hold orange tip near outer thigh (always apply to thigh)
- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds. Remove the EPIPEN Auto-Injector and massage the area for 10 more seconds

EPI\* and the Day Logo, EpiPen®, EpiPen 2-Pak®, and EpiPen Jr 2-Pak® are registered trademarks of Day Pharma, L.P.

**Twinject® 0.3 mg and Twinject® 0.15 mg Directions**

Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.

**SECOND DOSE ADMINISTRATION:** If symptoms don't improve after 10 minutes, administer second dose:

Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.

Slide yellow collar off plunger.

Put needle into thigh through skin, push plunger down all the way, and remove.

**Adrenaclick™ 0.3 mg and Adrenaclick™ 0.15 mg Directions**

Remove GREY caps labeled "1" and "2."

Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.

A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student's physician, and a copy of this Food Allergy Action Plan.

A kit must accompany the student if he/she is off school grounds (i.e., field trip).

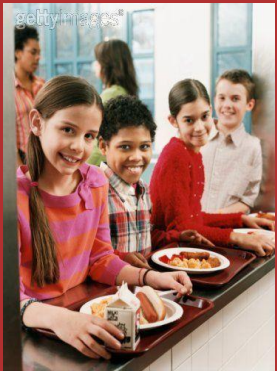
**Contacts**  
 Call 911 (Rescue squad: ( ) - ( ) - ( ) ) Doctor: \_\_\_\_\_ Phone: ( ) - ( ) - ( )  
 Parent/Guardian: \_\_\_\_\_ Phone: ( ) - ( ) - ( )

**Other Emergency Contacts**  
 Name/Relationship: \_\_\_\_\_ Phone: ( ) - ( ) - ( )  
 Name/Relationship: \_\_\_\_\_ Phone: ( ) - ( ) - ( )

# Guidance for Parents

What can  
parents  
do?

- Educate yourself
- Forms and medications
- Build your team
- Storage and administration of epinephrine
- Food in the classroom
- School meals
- Transportation Issues
- Field trips and extracurricular activities
- Bullying
- Self-Management





# National Association of School Nurses

## www.nasn.org



Tuesday, November 02, 2010

Search Site  Go

• HOME • CONTINUING EDUCATION • RESOURCES • EDUCATIONAL CAMPAIGNS • YOUR PROFESSION • POLICY & ADVOCACY • RESEARCH

Member Login

• HOME

**SAVE THE DATE**  
**NASN**  
2011  
**NASN 43rd**  
**Annual**  
**Conference**

### QUICKLINKS

- Follow us:
- About Us
- Journal of School Nursing*
- NASN School Nurse*
- Weekly Digest e-news*
- Annual Conference
- Online CE
- Publications & Bookstore
- NASN Radio
- Position Statements
- Educational Calendar
- Affiliates (Chapters)
- Exhibitors & Advertisers
- NASN Press Room
- Site Map
- Contact Us
- SCHLRN-L

### MEMBERSHIP & MEMBERS

General Information

#### Now Accepting Nominations

Nominations are currently being accepted for the Lillian Wald Legislator/public policy recognition award and are due by November 15, 2010. Please review criteria and the nomination form. If you have any questions, please contact Tia Campbell at [tcampbell@nasn.org](mailto:tcampbell@nasn.org).  
[Access criteria and nomination form.](#)

#### Support school-based flu vaccinations!

Support school-based flu vaccination today! Follow this message on Twitter and please help pass along. Thanks for all you do! #nasnflushot  
[Learn more.](#)

#### Back-to-School Skin Health Tips

Maintaining healthy skin is an important part of any teen's physical and emotional well-being. Check out NASN's new free back-to-school skin health tips for caregivers. Pass along to parents and your colleagues. You may print the document out or email it.  
[Learn more.](#)

#### Reducing preventable child mortality at school

An eLetter from Martha Bergren, NASN Director of Research published in Pediatrics, the official journal of the American Academy of Pediatrics.  
[Go to AAP site to read.](#)

#### NEW Online CE, FREE to all audiences!

**Seasonal Influenza Prevention and Management in the School Setting: Principles and Practice** [This continuing education (CE) offering was supported by the Cooperative Agreement Number 5U66IP000392 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. This 2010 CE is revised and updated from Practice and Principles of Influenza Management in the School Setting: The School Nurse's Role (2007), originally supported by an unrestricted educational grant from sanofi pasteur. The current version of the CE offering is based on the most current ACIP recommendations published in August 6, 2010, MMWR, 59(RR08).]  
[Click here to access.](#)

#### Wright State University College of Nursing and Health – BMI Screening in Schools

Researchers at Wright State University College of Nursing and Health are interested in school nurses' experience with BMI screening in public elementary schools. Researchers are especially interested in fundamental tasks associated with BMI screening, policy, physical and social environments, access to quality health care and risks to BMI screening. Thank you for your participation!



#### NASN Quick Poll

1. Have you visited Washington DC in the past for business or pleasure?
- Yes, I visited for an NASN Annual Conference!
  - Yes, for other business or pleasure as an adult.
  - Yes, but not since I was a child.
  - No, never.

[Submit Survey](#) [View Results](#)  
>>> [Go to previous poll results](#)



**FREE**  
**Prescription**  
**Drug Card**

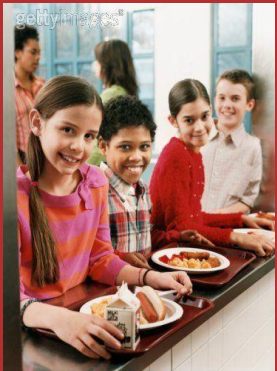
Compliments of:

Help Prevent Meningitis



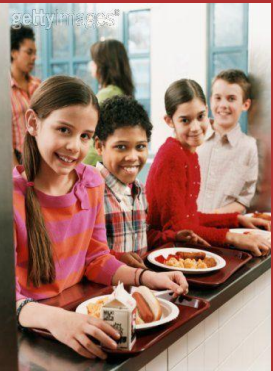
# NASN Resources

- [Anaphylaxis Webpage](#)
- [Allergy/Anaphylaxis Position Statement](#)
- [Radio show: Managing Student Food Allergies](#)
- [Online Continuing Education Program](#)



# CDC, Division of Adolescent and School Health

[www.cdc.gov/healthyyouth/](http://www.cdc.gov/healthyyouth/)



**CDC** National Center for Chronic Disease Prevention and Health Promotion  
SAFER • HEALTHIER • PEOPLE™  
GENTE • SEGURA • SALUDABLE™

[CDC Home](#) | [Search](#) | [Health Topics A-Z](#)

## Healthy Youth

[About Us](#)  
Division of Adolescent and School Health


[Contact Us](#)

### Publications

[Order Publications](#)

### Healthy Schools

# Healthy Youth!



#### School Health

[Adolescent & School Health Tools](#)

[CSH](#)  
Coordinated School Health

- [SHER](#)  
School Health Education Resources
- [SHSR](#)  
School Health Services Resources
- [HECAT](#)  
Health Education Curriculum Analysis Tool

[Health and Academics](#)

[Make a Difference at Your School!](#)  
Key Strategies to Prevent Obesity

[Program Evaluation](#)

[SHI](#)  
School Health Index

[School Health Policy](#)

[Publications & Links...](#)

#### Health Topics

[Adolescent Health](#)

[Asthma](#)

[Childhood Obesity](#)

[Crisis Preparedness & Response](#)

[Health Disparities](#)

[Injury & Violence](#) (including suicide)

[Physical Activity](#)

- [PECAT](#)  
Physical Education Curriculum Analysis Tool

[Nutrition](#)

- [Making It Happen](#)  
School Nutrition Success Stories

[Sexual Risk Behaviors](#)

[Tobacco Use](#)

[More on Health Topics... Publications & Links... Order Publications...](#)

#### Data & Statistics

[Summary of Major Surveillance Activities](#)

[YRBSS](#)  
Youth Risk Behavior Surveillance System

[Profiles](#)  
School Health Profiles

[SHPPS](#)  
School Health Policies and Practices Study

[More on Data & Statistics... Publications & Links...](#)

#### Our Funded Partners


[National Nongovernmental Organizations](#)

[State, Territorial, and Local Agencies and Tribal Governments](#)


[Success Stories](#)

[More on Funded Partners...](#)


#### SPOTLIGHT ON...




[Bringing High-Quality HIV and STD Prevention to Youth in Schools](#)



[Health-Risk Behaviors Are Linked to Students' Grades](#)



[2009 Youth Risk Behavior Survey \(YRBS\) results](#)



[Youth Physical Activity Guidelines](#)

- [Toolkit](#)
- [Video](#)
- [Download buttons](#)

#### Youth Risk Behavior Survey (YRBS) 2009

**United States students who...**

- [Rarely or never wore a seat belt](#)
- [Rode with a driver who had been drinking](#)
- [Carried a weapon](#)