

Training:

Office personnel and building administrators who are consistently in the buildings during teacher contract hours, health room paraprofessionals and other staff designated by the licensed school nurse will be trained on EpiPen administration. Training includes what signs or symptoms to look for that indicate Anaphylaxis and how to administer the EpiPen. Calling 911 and documentation according to District Policy will be standard protocol when an EpiPen is used (see quick reference guide below). Building Licensed School Nurses will be responsible for the training of building personnel.

Maintenance:

EpiPen Auto-Injectors have a life of approximately 18 months. Building Licensed School Nurses will be responsible for monitoring the expiration dates on the pens and requesting replacement pens. Pens should be examined quarterly. Replacement pens will also be requested in the event that the pens are used to treat Anaphylaxis.



Quick Reference Guide for Anaphylaxis (Severe Allergic Reaction)

Note: only trained staff members may administer epinephrine.

1. Recognize Symptoms of Anaphylaxis:

Mouth	Itching, tingling, or swelling of lips, tongue, mouth
Skin (80-90%)	Hives/rash, reddened/flushed skin, itching, swelling of the face or extremities
Gut (30-45%)	Nausea, vomiting, abdominal cramps, diarrhea
Throat	Itching, tightness/swelling of throat, difficulty swallowing, hoarseness, frequent clearing of the throat
Lung (70%)	Shortness of breath, trouble breathing, tight chest, difficulty talking, repetitive coughing, wheezing,
Heart (10-45%)	Pale, blue or gray color skin or nails; sweaty or clammy skin. Feeling faint or dizzy, loss of consciousness. Weak or thready pulse.
Other (10-15%)	Feeling anxious or like something bad is happening. Confusion.

Look for two system involvement. Ask about symptoms they may be experiencing.

Do they have a known allergy? Do they have their own epinephrine – if so, use it if needed.

Do they have a heart condition? If so, call and consult 911.

2. For two system involvement or difficulty breathing, **give epinephrine quickly.**



A. Determine proper dose of epinephrine auto-injector (EpiPen).

Adult dose for greater than 55 pounds: EpiPen with yellow label. **Red Epi-Ready case.**

Child dose for 33 - 55 pounds: EpiPen Junior with green label. **Blue Epi-Ready case.**

Children under 55 pounds are generally under age 8 (2-3rd grade).

B. Administer EpiPen.

 <p>1 Form FIST around EpiPen® and PULL OFF BLUE SAFETY RELEASE</p>	<p>Form fist around EpiPen Pull off blue safety cap</p>	 <p>2 Place orange end HARD into outer thigh so it 'CLICKS' and HOLD for 10 seconds.</p>	<p>Push orange end hard into outer thigh so it clicks Hold for 10 seconds</p>
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C. Write time of injection on EpiPen.

3. Call 911 – advise that anaphylaxis is suspected and that epinephrine has been given.
4. Have the individual lie down, or at least sit down on floor.
5. Call parent/guardian/emergency contact. Make a note of this information for follow-up needs.
6. Stay with the individual until Emergency Medical Services (EMS) arrives. Reassure as needed. Monitor their airway and breathing. Administer CPR if needed.
7. If symptoms do not improve or symptoms worsen and EMS has not arrived, administer a second EpiPen 5 to 15 minutes after the initial injection. Write the time on the EpiPen.
8. When EMS arrives, give them the used EpiPen(s). EMS to manage transport to the emergency room.



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9. Complete incident report. Inform main office of event; inform school health office if it is a student.

Note: Main office and School Nurse should be notified immediately of the incident and informed that 911 has been called.