

EpiPen Administration

For Hingham Public School Staff





EpiPen Administration

This program has been designed for the school staff member who is willing to administer an EpiPen in the event that a student has a life-threatening allergic reaction.



EpiPen Administration

Massachusetts Department of Public Health

- State Medication Regulations for Schools:
 - Provide for the administration of EpiPens by non-medical personnel who have been properly trained by the school nurse in the administration and documentation of EpiPen delivery.



Objectives

- The staff member will:
 - Accurately recognize student-specific warning signs of allergic emergency
 - Accurately identify student for whom epinephrine is prescribed
 - Accurately read and interpret the student's Allergy Action Plan
 - Correctly follow directions on the student's Allergy Action Plan

Objectives continued...

- Accurately read the epinephrine (EpiPen) label and follow directions from the label
- Administer epinephrine by auto-injector
- Safely handle EpiPen
- Accurately describe the school's plan for responding to life-threatening allergic emergencies
- Access resources appropriately, including emergency medical services, school nurse, physician, and parents



What is an Allergy?

- An abnormal response to a normal substance. It is the body's attempt to defend itself against substances that are perceived by the body to be harmful (an allergen)
- There are various degrees of reaction. Symptoms may or may not be life threatening
- Allergic reactions can be caused by exposure to certain foods, drugs, bee stings and certain products, such as latex

ALLERGIC REACTIONS

Skin Contact



poison plants



animal scratches



pollen



Latex

Injection



bee sting

Ingestion



medication



nuts & shellfish

Inhalation



pollen



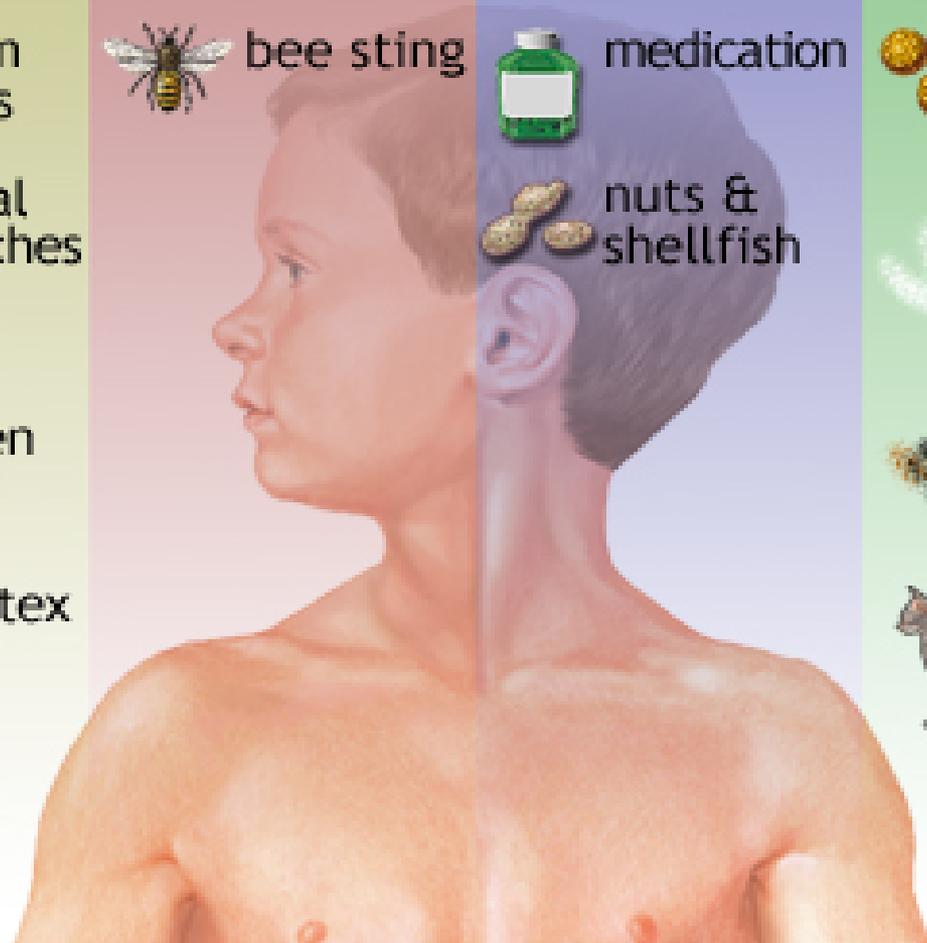
dust



mold & mildew



animal dander





Allergic Reactions

- 3 million school children have food allergies
- The Most Common:
 - Peanut, tree nut, shellfish,
 - milk, wheat & egg

Tree nuts include; cashews, hazelnut, walnut, pecans, pistachio, almonds, brazil nuts, hickory, macadamia



What is Anaphylaxis?

A potentially life threatening medical condition occurring in allergic individuals after exposure to an allergen.

Possible Signs of a Life-Threatening Allergy

- **Is the child in a B.I.N.D.?**
- B- Breathing difficulty, chest or throat feels tight
- I- Itchy lips, hives, swelling
- N- Nausea, vomiting
- D- Dizzy, unsteady, confused

Symptoms of Anaphylaxis

- Tingling lips, mouth or tongue
- Tightening of the throat
- Flushing of face/body
- Eyes/Face swelling
- Hives
- Diarrhea
- Wheezing





Severity of Symptoms

All symptoms can become life threatening.
Severity of symptoms can change quickly.

The only way to protect the child with food allergies is for them to avoid the food.....THERE IS NO CURE!



Epinephrine

Treatment of choice for allergic reactions:

- Raises blood pressure by constricting blood vessels
- Improves breathing by relaxing the smooth muscles in the lungs
- Stimulates the heartbeat
- Works to reverse the hives and swelling around the face and lips

Epinephrine

There are no contraindications to the use of epinephrine for a potentially life-threatening allergic reaction.

Store at room temperature.

Do not refrigerate, freeze or expose to extreme heat or sunlight....it will cause the epinephrine to oxidize and turn brown, making it ineffective. Don't leave in a car glove compartment.

The “5 Rights”

Remember these five rights when administering medication to students.

- Right Student
- Right Medication
- Right Dosage
- Right Time
- Right Route





Right Student...

- Identify the student with the known allergy
- Explain to the student that you will assist him/her with an EpiPen in the event of an allergen exposure
- The student/staff should be able to identify you as a resource in the event of allergen exposure

Right Medication

One-step, flip-top carrying case

Designed for single-handed opening.

The next generation EpiPEN Auto-Injector enhances ease-of-use for emergency treatment.

Ergonomically designed grip

Allows for a firm grip & improves ease of handling.

Brightly colored orange tip

Aids in quick identification of needle end.



Blue safety-release cap

Designed to prevent unintentional activation.

Easy-to-read, illustrated instructions

Allows for rapid recognition of product usage instructions.

Built-in needle protection

The only epinephrine auto-injector that protects against needle exposure before and after use.

Right Dose...

- An EpiPen comes in two different doses:

- EpiPen 0.3mg (over 66 lbs.)
- EpiPen Jr. 0.15mg (under 66 lbs.)



Right Route...

The EpiPen is administered into the large outer thigh muscle



Right Time...

- Based on student's symptoms and Allergy Action Plan
 - For Example:
 - Hives spreading over the body
 - Difficulty swallowing or breathing
 - Swelling in face or neck
 - Tingling or swelling of tongue
 - Vomiting

Steps in EpiPen Administration...

Breathe...

- Call the nurse and or main office on the portable radio or phone depending on your location. Check with your school to review specific school procedure. If no communication is available, send 2 student runners.
- For the High School- call the nurse or main emergency office designated telephone number.
 - Form fist around auto injector (orange tip down)
 - Pull off the blue cap
 - Swing and jab firmly into outer thigh to auto-injector is perpendicular (at 90 degree angle) to thigh, right through clothing
 - Hold firmly in thigh for 10 seconds
 - Remove EpiPen from the thigh and rub site for 10 seconds
 - Call 911 if it hasn't been done already



The EpiPen buys you 15 minutes of time...

Activating emergency services via 911 immediately is critical

Symptoms can recur in 15-30 minutes and it is very possible that the student will need a second EpiPen before the ambulance has even arrived.

Transport student to hospital for evaluation and observation as some students symptoms may recur 1-3 hours later

After EpiPen administration you must remember to...

- Document administration:

- Date
- Time
- Signature of person who administered EpiPen

Save the used EpiPen and give to the EMT's who will pass it on to the hospital

Notify parent/guardian regarding incident, student's condition and hospital destination if not already done.

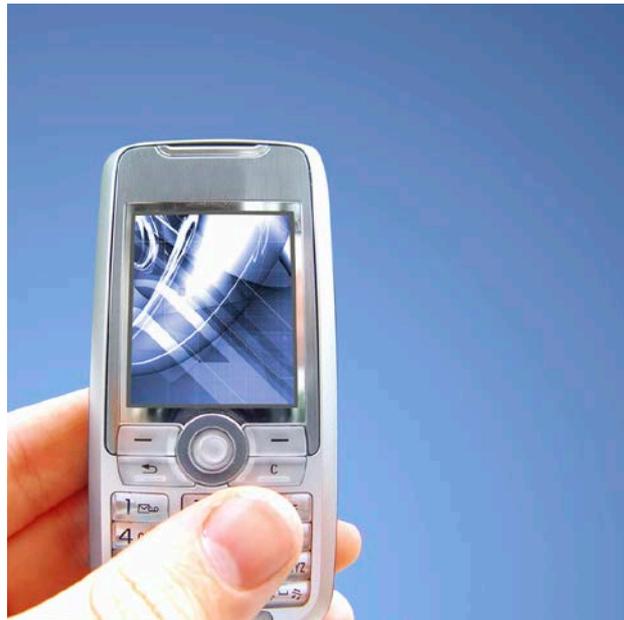


Field Trips

- Teachers should see the nurse prior to leaving to review the student's Allergy Action Plan and answer any questions
- Teachers should tell the student that they will have his/her EpiPen and they will be readily available to the student throughout the field trip
- Students with medications for field trips, should be under the direct supervision of the teacher, not a chaperone
- Parents should be encouraged to attend field trips when possible

Field Trips continued...

- You must have telephone access to call 911 at all times while off school property with students. Make sure someone has a cell-phone





Congratulations you are done...

- Please complete the Epinephrine Competency Skill Check List and see the school nurse to demonstrate administering the EpiPen
- This training is good for one year and must be repeated annually to remain current
- You are now prepared to administer an EpiPen in a life-threatening allergic emergency!