



A guide to...

Your Child's Emergency Allergy Pack with an Adrenaline auto-injector

Patient information

Paediatric Department
Watford General Hospital
Hemel Hempstead Hospital

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email westherts.pals@nhs.uk



Language



Large
Print



Braille



Audio

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Why do I need an Allergy Action Pack?

An allergy action pack is a kit containing everything you need in case of an allergic reaction.

Is my/ my child's allergy severe?

There is no such thing as a mild or severe allergy as reactions are always unpredictable. However we do classify *reactions* as mild, moderate or severe. While it follows that a severe reaction makes the anxiety about the severity of the next reaction high, we cannot predict the severity of subsequent reactions.

Therefore all children who have an allergy are at risk of a severe reaction.

So the way to manage your child with their allergy is to ensure you have the best possible safety net in case of an unforeseen reaction.

Your doctor will give you a specific **allergy plan** (like the one to the right) which you should also give to your child's school.

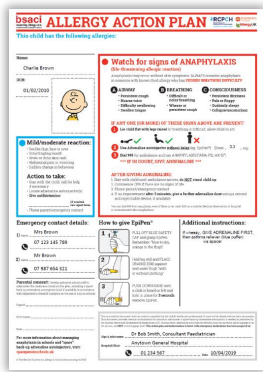
The form is titled 'bsaci ALLERGY ACTION PLAN' and includes the following sections:

- Name:** Charlie Brown
- DOB:** 01/02/2010
- Allergies:** This child has the following allergies: (blank)
- Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction):**
 - AIRWAY:** Persistent cough, Hoarse voice, Difficulty swallowing, Swollen tongue
 - BREATHING:** Difficulty or noisy breathing, Wheeze or persistent cough
 - CONSCIOUSNESS:** Persistent dizziness, Pale or floppy, Suddenly sleepy, Collapse/unconscious
- Mild/moderate reaction:** Swollen lips, face or eyes; Itchy/throbbing mouth; Swere or watery eyes; Rash; Abdominal pain or vomiting; Sudden change in behaviour.
- Action to take:** Give child the tablet and help if necessary; Give adrenaline autoinjector; Give antihistamine; Phone parent/emergency contact.
- Emergency contact details:** Mrs Brown (07 123 145 789), Mr Brown (07 987 654 321).
- How to give EpiPen:** 1. Pull off blue safety cap and grasp EpiPen. Remember: blue to sky, orange to the thigh. 2. Hold leg with thumb and index finger against mid-outer thigh, with or without clothing. 3. Push down hard until a click is heard or felt and hold in place for 3 seconds, remove EpiPen.
- Additional instructions:** If wheezy, GIVE ADRENALINE FIRST, then asthma reliever (blue puffer) via spacer.
- Parental consent:** I hereby authorize school staff to administer the medicine listed on this plan, including a spacer, but not adrenaline autoinjector, if available, as necessary with departments of health guidance in the case of an AAS in school.
- Signature:** (blank)
- Date:** (blank)
- For more information about managing anaphylaxis in schools and "spare" back-up adrenaline autoinjectors, visit: epipeninschools.uk**
- Sign a plan name:** Dr Bob Smith, Consultant Paediatrician
- Hospital/clinic:** Anytown General Hospital
- Phone:** 01 234 567
- Date:** 10/04/2019

Generally allergy is managed by:

AVOIDANCE	You MUST avoid any foods which you know your child is allergic to. Take care with labels and risk assess any new foods and when eating out in a restaurant or from a take-away.
ANTIHISTAMINE	Have anti-histamine available. For children over 1 year this is Cetirizine which is non-drowsy. Liquid is easier to take than tablets if a reaction involves the mouth or tongue.
ADRENALINE PEN	Ensure you have your 'allergy kit' including the Action Plan , Anti-histamine and your child's Adrenaline Pen with you AT ALL TIMES.

Your Emergency Allergy Pack

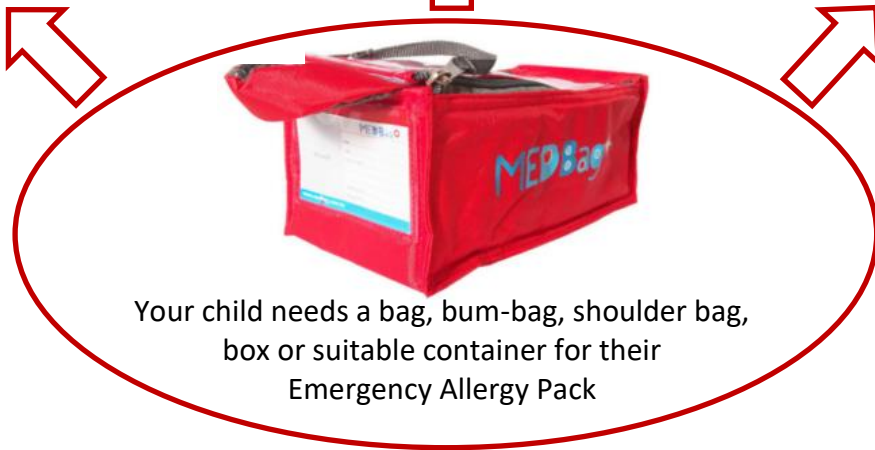


2. Antihistamine *Liquid or tablets*



3. Inhaler and spacer *If these are prescribed*

1. Allergy Plan *Appropriate for your device*



Your child needs a bag, bum-bag, shoulder bag, box or suitable container for their Emergency Allergy Pack

APP

Download the APP for your device.



4. TWO Adrenaline pens *available at all times*



ALERT

Sign up for an expiry Alert by text to remind you to get another prescription from your GP

Expiry Alert Service

Sign up for the **Expiry Alert Service** and receive free reminders by text or email when your Adrenaline Pen is about to expire.

An alert bracelet

Signing up to a Medic Alert service which gives a physical alert of a medical condition (bracelet or necklace) <https://www.medicalert.org.uk>. Similar items can be sourced elsewhere – for example Amazon or at <https://www.mediband.com/gb/> which may be more suitable for younger children.

Why two pens?

A number of important medication and health agencies have reviewed the evidence around using adrenaline auto-injectors to treat a severe allergic reaction. The consistent recommendation is that patients who have been prescribed an auto-injector **should carry two in-date adrenaline pens at all times**; however, normally only one auto-injector is required for self-administration during a reaction. The reason for two pens includes the device failing in some way when used (this is extremely rare), a person using it incorrectly so the dose is wasted (this is more common and is why training is very important) and some people need an extra dose of adrenaline when they have a severe reaction (this is less common too).

The local Health Board (Hearts Valleys Clinical Commissioning Group) have produced guidance about the prescribing of adrenaline pens by GPs. This is available here: <https://tinyurl.com/HVCCG-AAI-Info>.

Further information about allergies

Allergy UK is a UK charity dedicated to allergy

www.allergyUK.org

The Anaphylaxis Campaign

www.anaphylaxis.org.uk/

Spare Pens in Schools

www.sparepensinschools.uk

Allergy resources (emergency bags etc)

www.allergylifestyle.com

Information, advice and support for people with allergy and their carers

www.actionagainstallergy.org

Adrenaline Auto Injectors

Jext

<https://jext.co.uk/>

Epipen

www.epipen.co.uk

Emerade

www.emerade-bausch.co.uk

Templates to complete and give chefs in restaurants –

<https://allergyfacts.org.au/resources/aaa-translated-chef-card-template>

How to contact us

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