



**Regional School Unit 5**  
Durham • Freeport • Pownal

*"To inspire and support every learner by challenging minds, building character, sparking creativity, and nurturing passions."*

Becky Foley, Ph.D., Superintendent of Schools  
Peggy Brown, Interim Director of Finance & Human Resources

Cynthia Alexander, Assistant Superintendent of Schools  
Bonnie Violette, Ph.D., Director of Instructional Support

**Protocol and Standing Order for the Treatment of Anaphylaxis by Licensed Nursing Personnel  
for School year 2022-2023**

This protocol will be followed unless superseded by written specific instructions regarding a student by their personal physician.

**Definition:**

A rare, extremely serious form of an allergic reaction, which may occur in persons not previously known to have an allergy. The reaction ranges from mild, self-limiting symptoms to rapid death. An anaphylactic reaction usually (but not always) begins with the development of hives, a blotchy itchy rash resembling mosquito bite which spreads over a large area of the body, possibly followed by swelling of the eyes, lips, joints and airway. Immediate action may be required to prevent fatality.

**Causes:**

Extreme sensitivity to contact with one or more of the following:

1. Insect sting, usually bee or wasp
2. Medication or immunizations
3. Food or pollen
4. Industrial or office chemicals or their vapors
5. Latex

Forms of contact may or may not include: inhalation, touch, ingestion, injection or sting, eye splash or other mucous membrane exposure,

**Physical Findings:**

Most allergic reactions are not severe enough to cause anaphylaxis. Intervention is not necessary unless the student or adult develops any of the following symptoms;

1. Sudden onset. Symptoms beginning within 15 minutes after exposure to inciting agent usually result in the more severe type of anaphylactic reaction.
2. Feeling of apprehension, sweating, weakness
3. Feeling of fullness in the throat. Tightness in throat
4. Respiratory difficulty: difficulty breathing or wheezing.
5. Changes in quality of voice
6. Tingling sensation around mouth or face, nasal congestion, itching
7. Low blood pressure with weak, rapid pulse
8. Loss of consciousness, shock, coma
9. Large number of hives, blotchy itchy rash
10. Swelling of the eyes, lips, joints and airway.
11. With some victims, severe unremitting abdominal pain and vomiting

**Management:**

Should any student or staff member exhibit signs of a severe allergic reaction to any substance, the nurse or designated responder should:

1. Follow the emergency care plan first, for those with a known anaphylaxis history.
2. If no known history, Administer diphenhydramine (Benadryl).
  - A. 2 tsp (25mg) if child less than 5
  - B. 3 tsp (37.5mg) children 5 years or more and under 100lbs
  - C. 4 tsp- (50mg) adults, and children above 100lbs.
3. *If any difficulty breathing, swellings of the airway and or loss of consciousness Call 911 and use the Epi-pen(.3mg).* It should be administered in the outer region of the upper thigh. Epi-Jr. (.15mg) for 60 pound or less, approximately 1<sup>st</sup> grade and younger.
4. If there is any question about whether Diphenhydramine or an Epi-pen should be given, one should err on the side of giving them since these medications have no significant side effects if given at these doses.
5. **If an Epi-pen is used, 911 must call.**
6. If loss of consciousness, treat for shock. Assess for need to begin CPR.
7. If rescue personnel is not present 15 minutes after an Epi-pen or Epi-pen Jr. is given, or if symptoms begin to resume or advance, repeat the dose if available. The medication only works for 20-30 minutes.
9. Use the Emergency Report Form. Have someone photocopy student or employee emergency card to send with ambulance and/or emergency medical services (EMS). Student information which should be sent with EMS should include:
  - A. Medication or allergen to which patient is reacting, if known.
  - B. Signs and symptoms of distress.
  - C. Emergency measures instituted.
  - D. Patient response to emergency measures.
  - E. Time of all activities.
  - F. Signature of nurse and telephone number.
10. Notify parents.

**Post Incident:**

Meet with staff and/or students for explanation and reassurance.

**Debriefing:**


After any allergic incident, the school nurse, school physician and principal should meet with family, appropriate school personnel etc. to

1. Evaluate response
2. Plan for prevention of future exposures
3. Identify policy changes or education needs and implement them.

This procedure should be reviewed annually by the School Physician, School Nurses and School Administrator and signed by the School Physician and School Administrator.

School Physician   
 \_\_\_\_\_  
 Stephanie Phelps MD

Date Jun 16, 2022

School Administrator:   
 \_\_\_\_\_  
 Dr. Becky Foley, Superintendent

Date 6-29-22

Administrative Procedure Approved: 5/4/10  
 Administrative Procedure Revised: 12/8/15  
 Administrative Procedure Revised: 6/5/18