

# Vidor Independent School District

120 East Bolivar • Vidor, Texas 77662 • (409) 951-8700

## EMERGENCY TREATMENT OF ANAPHYLAXIS EPIPEN PROTOCOL

### I. PERSONNEL

- A. The School Nurse will train, monitor, and supervise unlicensed personnel (must be CPR certified) in the administration of EpiPen Auto-Injector (EpiPen) for allergic emergencies.
- B. Designated and trained unlicensed school personnel shall serve under the indirect supervision of the credentialed school nurse.

### II. GENERAL INFORMATION

- A. **Anaphylaxis is serious and may be fatal.** Reactions can occur immediately or up to an hour after exposure. Most often, reactions occur within the first five to ten minutes.
- B. Because severe, even fatal reactions can occur in previously unidentified students, OCDE, OCSNO and the local chapter of the American Academy of Pediatrics, strongly recommend that at least one non-designated EpiPen be kept in each school for such emergencies.
- C. EpiPen's can be purchased by the PTA, or from the school budget to ensure the safety of all students (and/or staff).
- D. Allergic reactions are generally a hypersensitive response to a foreign substance (allergens) such as insect sting venom, certain food, pollens, chemicals, or drugs.
- E. Reactions may range from mild to life-threatening anaphylactic shock.
- F. Allergic reactions may also be delayed and present as joint pain, achiness, and/or localized inflammation days later and should be followed-up by a physician.

### III. GUIDELINES

#### A. EpiPen's prescribed by the student's physician

- 1. Keep a list of students with serious allergic reactions posted on the inside of or near the cabinet where the EpiPen's are stored.
- 2. Parents are responsible for providing individual equipment and EpiPen's. If no EpiPen is provided, a call to the parents or guardian should be made to clarify the seriousness of that individual's allergic reaction.
- 3. Determine that the EpiPen expiration dates will last through the school year. All should be current; shelf-life is approximately two years.
- 4. EpiPen Auto Injectors come in two sizes: 0.3mg., yellow label for individuals over 60 pounds and 0.15mg., white label for children under 60 pounds.
- 5. Individuals with known severe allergies should wear medical identification tags.
- 6. EpiPen's should accompany the first aid equipment when these students are on field trips and/or during athletic events.

7. Staff must be trained annually in the administration of EpiPen as an emergency procedure. All staff who are trained to administer the EpiPen must have current CPR certification.

**B. EpiPens for students without specific physician orders in the event of anaphylaxis.**

1. Purchase and keep one or more EpiPen's in a central and easily accessible location..
2. Once purchased be sure to register them using the "Expiration Alert" coupon on the package insert. If the data is completed EpiPen Labs will notify you prior to the expiration date of that EpiPen.
3. Follow the "Essential Steps"

**ESSENTIAL STEPS**  
**PRECAUTIONS**

1. Determine if student is anaphylactic.

**ANAPHYLACTIC SYMTOMS:**

**May include any or many of the following:**

Hives  
Dizziness  
Headache  
Coughing or sneezing  
Nausea  
Agitation  
Flushing  
Tingling  
Severe itching  
Throbbing heart beat  
Throbbing in ears  
Abdominal cramps/diarrhea  
Shock (pale, clammy)

2. Have the student sit down.  
Calm and reassure the student immediately.
3. Have someone notify the SCHOOL NURSE, PARAMEDICS, & PARENTS immediately.

**KEY POINTS AND**

**When in doubt, treat as an anaphylactic reaction**

**If any of the following symptoms occur, administer EPIPEN IMMEDIATELY & CALL 911.**

- \*Difficulty Breathing
- \*Difficulty swallowing
- \*Fainting and or Collapse
- \*Convulsions

Calming reduces the distribution of the allergen in the body.

4. Prepare to administer EpiPen.  
**(SECONDS COUNT!)**

Use EPIPEN Jr. for children under 60 lbs.  
Use EPIPEN Adult for anyone over 60 lbs.

**EpiPen Administration Procedures:**

- a. Pull off the **GRAY Safety Cap**
- b. Place **BLACK TIP** on **OUTER THIGH**
- c. Push **HARD** until you hear click.
- d. Hold in place for **10 seconds**, remove.
- e. Call **911**.

**Can be over the clothing.**

**Student may feel heart pounding.  
This is normal.**

**NOTE:** If the reaction is a result of bee, wasp, or other sting, remove stinger ASAP, after administering EPIPEN.

- a. Remove stinger quickly with fingernail.
- b. Apply covered ice pack to sting area.

DO NOT push, pinch, or squeeze, or further imbed the stinger into the skin. This may cause more venom to be injected into the child.

**ESSENTIAL STEPS CONTINUED:**

5. Cover student with blanket.
6. **If at any time breathing stops, INITIATE CPR IMMEDIATELY.**
7. If trained, take vital signs.  
Call physician listed on emergency card.
8. Parents should take their child to their physician or emergency room.

To maintain body temperature.

When Paramedics arrive on the scene, factually the incident, time EPIPEN was administered by whom and the dose administered.

Student follow-up care should be received immediately.

9. Document objectively.  
Completing district incident report.  
Send a copy to the school nurse.

**STANDING EPIPEN AUTO-INJECTOR PROCEDURE APPROVAL**

SIGNATURES: \*\*

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District/Site School Nurse Coordinator Date

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District/Site Administrator Date

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Physician Signature Date

April 2013  
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