



**Chelmsford Public Schools**  
*A Future Ready District*

# **EpiPen Training Module:**

Managing Life Threatening  
Allergies

# Purpose

- To provide basic knowledge and skill to unlicensed school personnel to administer epinephrine by auto-injector in the event of a life-threatening situation to students with known allergic conditions.

# Objectives

- Upon completion participants will be able to demonstrate the following:
  - Identify common causes of an allergic reaction
  - Recognize general and student specific warning signs of an allergic emergency
  - Accurately identify students for whom the epinephrine is prescribed

# Objectives, cont'd.

- Safely administer and handle epinephrine by auto-injector
- Accurately describe the school's plan for responding to emergencies
- Access resources appropriately, including emergency medical services, school nurse, parent and physician.

# Anaphylaxis

- It is a potentially life-threatening medical condition commonly caused by exposure of an individual to a specific allergen or allergens.
- Most individuals react within an hour of exposure but anaphylaxis can occur rapidly or up to two hours after exposure.

# Common Causes of Allergic Reactions

- Food Allergies
  - Milk, Eggs, Peanuts, Tree Nuts, Soy, Wheat, Fish, and Shell Fish are the most common
- Stinging Insects
- Medication
- Latex
- Exercise induced
- Environmental triggers
- Cold induced

# Signs and Symptoms of an Allergic Reaction

- Hives
- Vomiting
- Itching
- Diarrhea
- Swelling
- Stomach cramps
- Red, watery eyes
- Runny nose
- Coughing
- Flushed, pale skin, cyanotic (bluish) lips and mouth area
- Change of voice
- Difficulty breathing, shortness of breath
- Throat tightness or closing
- Sense of doom
- Itchy, scratch lips, tongue, mouth, and/or throat
- Fainting or loss of consciousness
- Dizziness, change in mental status

# Review Each Student's Allergy Action Plan Before an Emergency Occurs

Know:

- your students who are at risk
- what your students are allergic to
- possible signs & symptoms of allergic reactions
- your student's Allergy Action Plan
- how to administer the EpiPen
- how to Initiate the Emergency Response System



# What does Epinephrine Do?

Reverses symptoms of a life-threatening allergic reaction (anaphylaxis):

- constricts the blood vessels which increases blood pressure
- relaxes smooth muscles in the lungs which reduces wheezing which improves breathing
- stimulates the heart (increasing heart rate)
- works to reduce hives as well as swelling that may occur around the face and lips

**IT SAVES LIVES!**

# Epinephrine cont'd.


- Epinephrine begins working within seconds and lasts only 10-20 minutes.
- Why it is necessary to call 911?
  - Students can have a biphasic reaction
    - Secondary reaction may occur minutes to hours later
    - Can be more severe than the initial reaction


# Current Epinephrine Products

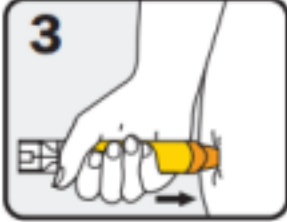


# How to Use the EpiPen & EpiPen Jr

**How to give EpiPen®**

- 

1 ↑ Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE
- 

2 Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)
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3 PUSH DOWN HARD until a click is heard or felt and hold in place for **3 SECONDS** REMOVE EpiPen®

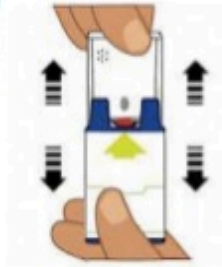
← **NEW**

Call 911 after giving the EpiPen

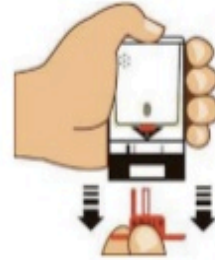
# How to Use the Auvi Q

## Auvi-Q™ Administration Guide

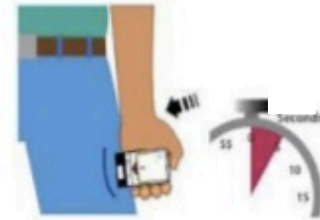
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Pull cartridge  
from case.



Pull off **RED**  
Safety Guard

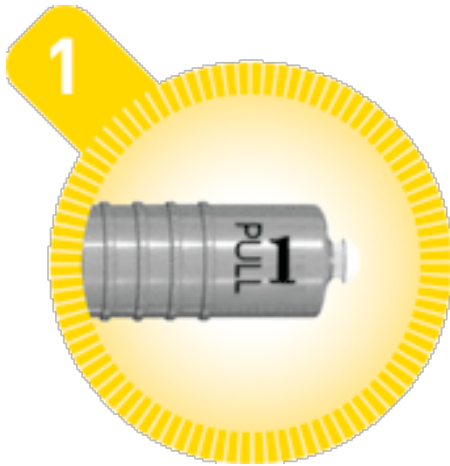


Place **BLACK** end  
against outer  
thigh, then press  
firmly and hold for

**2 seconds**

**\*Voice Activated: Pull cartridge from case, listen to prompts and follow directions. Call 911 after administering the Auvi Q.**

# How to use Adrenaclick



Remove the GRAY cap labeled "1".

**Never put thumb, finger, or hand over RED tip.**



Remove the GRAY cap labeled "2".



Place RED tip on the middle of outer side of the thigh.

Press down hard until the needle penetrates the skin and slowly count to 3 before removing the pen.

Call 911 after administering the Adrenaclick

# Actions if You Suspect Anaphylaxis and Student **HAS** an EpiPen

If the Nurse is available:

- Call the Nurse's office for assistance and state possible allergic reaction is suspected, note student's name and location
- Have the person lay down, except if having difficulty breathing then may sit
- Raise the person's legs

If Nurse is not available:

- Give student's prescribed EpiPen
- Call 911
- Have the person lay down, except if having severe respiratory distress
- Raise the person's legs
- Notify parent/guardian

# Actions if You Suspect Anaphylaxis and Student **DOES NOT** have an EpiPen

If the Nurse is available:

- Call the Nurse's office for assistance and state possible allergic reaction is suspected, note student's name and location
- Have the person lay down, except if having difficulty breathing then may sit
- Raise the person's legs

If Nurse is not available:

- Call 911
- Have the person lay down, except if having severe respiratory distress
- Raise the person's legs
- Notify parent/guardian



# Care and Storage of Epinephrine

EpiPens are kept in the Nurse's Office. Some students may self carry per their individual Allergy Action Plan.

## Storage:

- In a dark place at room temperature (59-86 F)
- Do NOT refrigerate
- Do NOT expose to extreme cold or heat
- Protect from light
- Check clear window of auto-injector for discoloration (should be clear and colorless)

# Responsibilities of the Classroom Teacher/Specialist

- Review your responsibilities in Managing Life Threatening Food Allergies in Schools.
- Avoid allergens in the classroom, especially for projects and classroom celebrations.
- Avoid food rewards. When this is not an option, include the parent of the student with the allergy in the planning of the activity and complete the Food Distribution Protocol Form.
- Print X2 Classroom Student Allergy Alerts (have available in a confidential folder for substitutes).
- When planning field trips, notify the Nurse and complete required field trip forms.

# Resources

Video on administering an EpiPen:

<https://www.youtube.com/watch?v=FXlqSuzzrws>

Managing Life Threatening Food Allergies in Schools:

<http://www.doe.mass.edu/cnp/allergy.pdf>

Auvi-Q:

<https://www.auvi-q.com/videos/>



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**Thank you for participating in our  
EpiPen Training module**