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Critical

STUDENT ALLERGY PREVENTION AND RESPONSE

The school nurse shall oversee the administration of these procedures in consultation with the food service director, the School Health Advisory Council (SHAC), the wellness committee, the transportation director, local health authorities and, where appropriate, the special education director or 504 coordinator.

Definitions

Allergen – A substance that triggers an allergic reaction.

Allergic Reaction – An immune system response to a substance that itself is not harmful but that the body interprets as being harmful. Allergic reactions trigger inflammation in the skin (hives, itching, a rash); in the respiratory system (coughing, wheezing, difficulty breathing); in the gastrointestinal tract (vomiting, diarrhea, stomach pain); and the cardiovascular system (lowered blood pressure, irregular heartbeat, shock). Anaphylaxis is another type of allergic reaction.

Anaphylaxis – A life-threatening allergic reaction that involves the entire body. It may be characterized by symptoms such as lowered blood pressure, wheezing, nausea, vomiting or diarrhea and swelling and hives. Anaphylaxis may result in shock or death.

Emergency Action Plan – An EAP is a written plan for students who have life-threatening conditions, such as an allergy. This plan is designed to inform school district personnel who may be called upon to respond.

Individualized Health Plan – An IHP is a document created by the district in cooperation with the parents and, when appropriate, a student's health care provider for students who have specific health care needs. It is a nursing care plan that has student-centered goals and objectives, and describes the nursing interventions designed to meet the student's short and long-term goals.

Life-Threatening Allergy – An allergic reaction that is severe enough to potentially cause death.

General

In accordance with Board policy, the nurse or designee will provide training to all staff members about the causes and symptoms of and responses to allergic reactions. This training will be provided to current staff members within thirty (30) days of the adoption of the Allergy Prevention and Response policy. Staff members who are hired after this training has been conducted will be provided the information within ten (10) work days of the first day of employment.

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Critical

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Pursuant to Board policy, students may carry medication for the treatment of allergies. In addition, epinephrine premeasured auto-injection devices are available in each building and stored in the following locations:

| | |
|-----------------|------------------|
| Building: _____ | Locations: _____ |
| Building: _____ | Locations: _____ |
| Building: _____ | Locations: _____ |

OR

Pursuant to Board policy, students may carry medication for the treatment of allergies. The district does not stock epinephrine premeasured auto-injection devices for general emergency use.

Staff will respond to allegations of harassment or bullying on the basis of an allergy in accordance with the district's policy on bullying.

All staff will be instructed in approved cleaning methods, including the use of soap and hot water, and required to use approved methods in any location in which food is served.

Response to an Allergic Reaction

Any staff member who becomes aware that a student is having an allergic reaction must:

1. Stay with the student
2. Notify the nurse immediately
3. Contact the parents

If a staff member determines that the allergic reaction is potentially life-threatening the staff member will implement the student's 504 Plan, Individualized Health Plan (IHP) or Emergency Action Plan (EAP) if the staff member is familiar with the plan.

If the student does not have a 504 Plan, IHP or EAP, the staff member is not familiar with the 504 Plan, IHP or EAP or such plan is not immediately available, the staff member will immediately take or direct another person to take the following actions.

1. Call 911.
2. Notify the school nurse or, if the nurse is not available, notify _____ (designee).

REFERENCE COPY

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3. Administer epinephrine, if available, at the direction of the school nurse or designee. If the school nurse is not present, the staff member may administer epinephrine, if available, if the staff member determines it is necessary to safeguard the health of the student.
4. Notify the parents.
5. Provide first responders with information about the student's allergy and reaction and any actions already taken.
6. A staff member will remain with the student until a parent/guardian or emergency contact arrives or until the student is transported from the district by first responders.

As soon as possible after the allergic reaction, the nurse will consult with the 504 compliance coordinator and the student's parent/guardian to determine whether a 504 Plan or IHP/EAP would be appropriate for the student.

Instructional Areas

No food preparation or consumption will take place in any instructional area unless the instructor has permission from the building administrator. Courses that include food preparation or consumption as a regular part of the curriculum are exempt from this provision, but instructors in these courses have an increased responsibility to monitor student adherence to prevention procedures.

Dining Areas

The school nurse or designee will provide the food service director with a copy of any 504 Plan or IHP that concerns diet, along with a photograph of the student. In lieu of providing a copy of the actual plan, the nurse or designee may provide a document with all the pertinent information. Any 504 Plan or IHP that requires food substitutions must include a written statement from a licensed physician that:

1. Describes the disability or condition.
2. Explains how the student is restricted as a result of the disability or condition.
3. Identifies the major life activities affected by the disability or condition.
4. Lists omitted and permitted foods.

The food service director will provide information to food service personnel as necessary. Food service personnel will not act on individual requests for dietary accommodations. If a student or parent/guardian of a student who does not have a 504 Plan or IHP/EAP on file with the food service director requests an accommodation, he or she will be referred to the school nurse for assistance.

The food service director will arrange for all food service staff to be trained in food label reading, cross-contamination avoidance, safe food handling and food item labeling requirements.

If there is any change in the menu after the menu has been posted, the food service director will notify the school nurse or designee. The nurse or designee will notify parents of students with a 504 Plan or IHP/EAP for food allergies if necessary.

The principal may designate one (1) or more tables in the dining area as peanut and nut-free areas. Students who use these tables may not have any food or beverage that contains or may contain peanuts or other nuts. If any student has been identified as having life-threatening allergies to a food or beverage other than peanuts or nuts, the principal may designate one (1) or more tables as allergen-free areas and specify the prohibited foods and beverages. Staff responsible for cleaning dining areas will clean any such designated tables prior to each use according to United States Department of Agriculture (USDA) recommendations using separate cleaning supplies. No student will be required to sit at the designated table.

Staff members supervising dining areas will promote a "no sharing/no trading" environment to prevent students from trading food, beverages or dining utensils.

Transportation and Off-Site Activities

Except as otherwise outlined in this procedure, drivers will not allow students to eat or drink on district transportation unless the student has written permission from his or her building principal. Written permission will be provided if the student has a medical need to consume food or beverages during the time the student is transported. A student who has a medical need to consume food or beverages on district transportation must have a 504 Plan or IHP that addresses which foods or beverages the student may consume if he or she is transported with any other student who has a life-threatening food allergy.

Students being transported to and from activities on district transportation may be allowed to consume food and beverages if the staff member serving as sponsor has verified that none of the students being transported have documented life-threatening food allergies.

Staff members must submit a list of students taking part in off-site activities, such as competitions and field trips, to the nurse at least five (5) days prior to the activity. The nurse will verify which, if any, students have allergies and provide the staff member with a copy of the relevant 504 Plans or IHPs or EAPs and any medications that may be needed in the case of an allergic reaction.

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Note: The reader is encouraged to review policies and/or forms for related information in this administrative area.

Implemented:

Revised:

EXPLANATION:

House Bill 922 (2009) requires school districts to adopt a policy on allergy prevention and response by July 1, 2011. House Bill 922 also requires the Department of Elementary and Secondary Education (DESE) to develop a model policy in consultation with an appropriate professional organization by July 1, 2010. MSBA has worked with DESE to develop this model policy and procedure. The Missouri Department of Health and Senior Services (DHSS) also provided input.

Allergies, especially food allergies, are a significant issue in schools. The most common life-threatening allergies are to foods, but environmental, fragrance and chemical allergies may also pose a health risk for some students or staff members. The best way to prevent allergic reactions is to avoid the allergen.

DESE and MSBA assigned oversight of this procedure to the school nurse because allergies are a health issue, however, the district may use another employee. If the district chooses to use an employee other than the nurse to implement these procedures, the nurse should still play a significant role.

In the General section, the district must choose between two (2) versions of the procedure language, depending on whether the district keeps epinephrine premeasured auto-injection devices on hand.

Although a physician's statement is not required in a 504 Plan or IHP, the U.S. Department of Agriculture (USDA) requires a written statement signed by a licensed physician before allowing meal substitutions by schools that participate in a federally funded nutrition program overseen by the USDA. If a district that participates in a federally funded school nutrition program makes a substitution without a written statement from a physician, the district may be penalized. For this reason, this model procedure requires a physician's statement for IHPs and 504 Plans that address food allergies. A model form is available on the DESE website in the School Food Services section.

Training of Staff

Staff training need not be lengthy, but should cover the various types of allergic reactions and how to identify and respond to a life-threatening reaction. Staff members who have responsibility for students who have an emergency action plan (EAP) should be trained on the plan annually. Training materials and assistance are available on the Missouri Department of Health and Senior Services (DHSS) website; including the *Manual for School Health*. House Bill 922 did not specify how often staff should be trained, but presumably training should be frequent enough that all staff members have at least been introduced to the subject. This model procedure requires training within thirty (30) days after the initial adoption of the policy, but this is just a suggestion. The school district may want to train at the beginning of the school year immediately following the adoption of the policy, annually, or on some other schedule. The key is to make sure that staff members are trained quickly and at least once. No school district wants the tragedy of a student dying from an allergic reaction because the district did not get around to providing training.

Nut-Free and Allergen-Free Areas

Please note that the nut-free and allergen-free tables may be occupied by any student. These tables should not be restricted so that only students with allergies sit at the tables.