



# EpiPen Training

Updated 2014

# Objectives for Epi-Pen Training

1. Develop a greater understanding of what an allergy is and the difference between a mild and a severe allergy
2. Learn the proper storage and administration of an EpiPen
3. Being prepared and having a plan to:
  - Avoid known allergens
  - Know what symptoms to watch for
  - Use an EpiPen® (epinephrine) Auto-Injector if a life-threatening (severe) allergic reaction occurs
  - Get emergency medical help right away

# Why an EpiPen?

- **An EpiPen is needed in an extreme response to an allergen or other issues causing an anaphylactic reaction**
- A life-threatening allergic reaction (anaphylaxis) is a severe reaction to a specific allergen, or allergic trigger.
- Common allergic triggers can include but are not limited to: food, biting or stinging insects, medications and latex.
- Exercise-induced anaphylaxis is also possible, and sometimes anaphylaxis has no apparent cause at all (this is known as *idiopathic anaphylaxis*).

# Definition of Anaphylaxis

## A SERIOUS ALLERGIC REACTION

- Rapid onset generally acute
- Systemic
  - effects the body as a whole
  - multiple organs may be involved
- Manifestations may range from mild to fatal

# Common Causes of Anaphylaxis

- Foods
- Insect venom
- Latex
- Medication
- Immunotherapy
  - insect venom
  - inhalant allergies



# FOOD

- Peanut
- Tree Nut (walnuts, cashew, pecan, hazelnut, almond)
- Milk
- Egg
- Fish
- Shellfish
- Soy
- Wheat

Eight Foods account for 90% of all food-allergic reactions

# Signs and Symptoms of Anaphylaxis

- ✓ **Mouth**  
or mouth.
  - Itching and or swelling of lips, tongue,
- ✓ **Throat/Respiratory**
  - Hoarseness, hacking repetitive cough and/or wheeze, difficulty swallowing, itching and/or sense of tightness in throat or chest, shortness of breath
- ✓ **Heart**
  - Rapid or weak pulse, dizziness and/or fainting, seizure, cardiac arrest
- ✓ **Gastrointestinal**
  - Nausea, vomiting, diarrhea, abdominal cramps.
- ✓ **Skin**
  - Flushing, hives, itchy rash, swelling of the face or extremities

# How a Child Might Describe a Reaction

Children have unique ways of describing their experiences, and allergic reactions are no exception. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what a child is telling them.

Some children, especially very young ones, put their hands in their mouths or pull or scratch at their tongues in response to a reaction. Also, children's voices may change (e.g., become hoarse or squeaky), and they may slur their words.

The following are examples of the words a child might use to describe a reaction:

- "This food is too spicy."
- "My tongue is hot [or burning]."
- "It feels like something's poking my tongue."
- "My tongue [or mouth] is tingling [or burning]."
- "My tongue [or mouth] itches."
- "It [my tongue] feels like there is hair on it."
- "My mouth feels funny."
- "There's a frog in my throat."
- "There's something stuck in my throat."
- "My tongue feels full [or heavy]."
- "My lips feel tight."
- "It feels like there are bugs in there." (to describe itchy ears)
- "It [my throat] feels thick."
- "It feels like a bump is on the back of my tongue"



# Allergy Action Plan

- When an allergy requiring an EpiPen is identified, there must be an Allergy Action Plan completed by the child's physician, on file in the classroom and staff must be trained on the plan. It is the FES's responsibility to obtain a release of information to get the Allergy Action Plan completed.
- The Allergy action plan form is located here:

<http://www.foodallergy.org/document.doc?id=234>

# EpiPen Storage

- EpiPens are to be stored with easy accessibility for adults and out of the reach of children in a case similar to this:



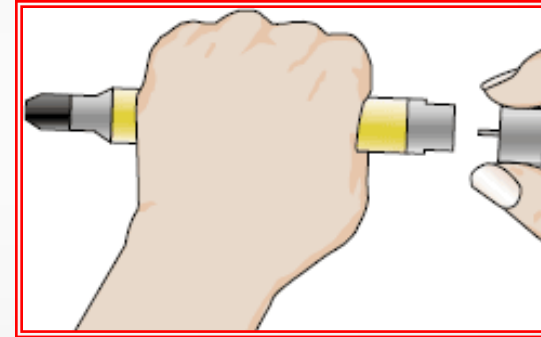
# How do you administer an EpiPen?

Using the 5 Rights:

- Right Student
- Right Medication
- Right Dose
- Right Route
- Right Time

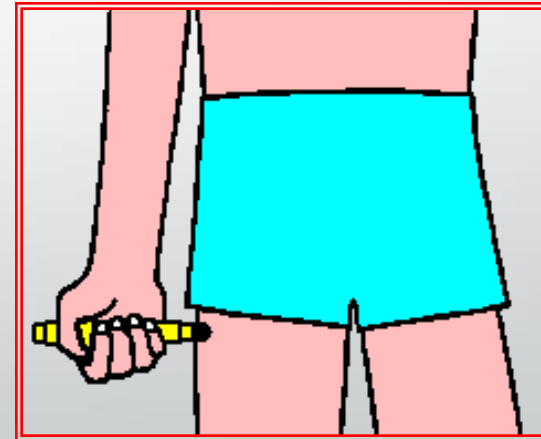
Step 1

Remove Cap



Step 2

Swing & jab into outer thigh



# RIGHT STUDENT

- Children's allergies are recorded on the Health History and Enrollment Agreement
- An Allergy Plan must be maintained at the center, a copy submitted to the supervisor and is uploaded into Child Plus
- Accurately read and interpret the child specific plan
- Accurately read the prescription label on epinephrine package

# RIGHT MEDICATION

- EpiPen
- OR
- EpiPen Jr.



# RIGHT ROUTE

- Large Outer Thigh
- May be administered through clothing
- Hold in place for 5-10 seconds
- Remove carefully
- Massage area where administered



# RIGHT TIME

- Student is in Anaphylaxis
- ALWAYS CALL THE PARENT
- Call 911 as directed on the plan



# Knowledge and Practice Help You Prepare

- Don't wait until an emergency to learn how to use the EpiPen Auto-Injector. Watch the video below for the correct technique. Practice with a training device. All classroom staff must be trained on the use of the EpiPen.
- The link to the training video is here:

<https://www.epipen.com/en/about-epipen/how-to-use-epipen>

[How to use an EpiPen](#)





# Take Home Points

- Allergic reactions can happen ANYWHERE
- Anaphylaxis is not common but WILL happen
- EARLY RECOGNITION and TREATMENT of anaphylaxis is imperative and LIFE SAVING



# For More Information

- Please contact your Supervisor or the Health Coordinator