

**Hudson Independent School District
School Health Services**

**Managing Students with Life Threatening Allergies
HISD Policy (Includes Care of Students with Food Allergies At-Risk for Anaphylaxis) and
Unassigned Epinephrine Auto-injectors**

Hudson Independent School District (HISD) is committed to providing equal educational opportunities to all students. No student shall, on the basis of a disability, be denied the opportunity to participate in any program or service the District offers to all students. When a student who presents any health care need enrolls in HISD's schools, an appropriate health care plan is developed to serve the student, in addition to any other programs or plans that may be developed to ensure the student receives a free appropriate education. The following information sets out the procedures that HISD follows in managing students with Life Threatening Allergies (LTA) in the schools. The information also follows Senate Bill 27 (2011, 82nd Legislative Session) which amended Chapter 38 of the Texas Education Code by adding Section 38.0151 and the guidelines developed by the state Commissioner of Health in consultation with the Ad Hoc Committee in the spring of 2012. It was further updated in 2018 to implement Senate Bill (SB) 66 (84th Legislature, Regular Session, 2015), and SB 579, 85th Legislature (Regular Session, 2017). The new laws require the adoption of rules for the maintenance, administration, and disposal of epinephrine auto-injectors in school districts, open-enrollment charter schools, and private schools who voluntarily adopt epinephrine auto-injector policies. The new law established the Stock Epinephrine Advisory Committee tasked with advising the Texas Department of State Health Services amending Texas Administrative Code Title 25 §§37.601-37.611. In addition Texas Education Code Sections 38.208-38.215 were created. In accordance with the Texas Education Code Chapter 25, Section 25.0022, the District requests annual disclosure of all life threatening allergies, including food Allergies by the parent/guardian on the Student Health History form. This form will be available Online during the enrollment process and also available in paper form.

INTRODUCTION

Anaphylaxis is defined as “a serious allergic reaction that is rapid in onset and may cause death” (Simons, 2008). Anaphylaxis includes a wide range of symptoms that can occur in many combinations and is highly unpredictable. The most dangerous symptoms include breathing difficulties and a drop in blood pressure or shock. Common examples of potentially life threatening allergies are those to foods and stinging insects. Life-threatening allergic reactions may also occur to medications or latex rubber and in association with exercise. Strict avoidance of food allergens and early recognition and management of allergic reactions are important measures to prevent serious health consequences (U. S. Food and Drug Administration, 2008). Children spend up to 50 percent of their waking hours in school, and foods containing allergens are commonly found in schools. Thus, the likelihood of allergic reactions occurring in schools is high (Sheetz, 2004). The foundation for the management of a student with LTA's in

the HISD is the student's Individual Health Plan (IHP)/Health Condition Information Sheet (HCIS) that is developed in collaboration with the student, parent, student's physician, school nurse and other HISD personnel, as appropriate. The IHP/HCIS includes the routine treatment and emergency care that will be provided for the student. Education is key in identifying and supporting students with life-threatening allergies in the school setting. HISD provides training for staff to ensure those employees who work with the student understand the student's condition and how to provide routine treatment as well as emergency procedures.

TRAINING

A program has been developed to train staff consistent with the concepts set forth in relevant publications, including, the Texas Guide to School Health Programs, published by the Texas Department of State Health Services (DSHS), Voluntary Guidelines for managing Food Allergies in Schools and Early care and Education Programs published by the Centers for Disease Control and Prevention and the Food Allergy & Anaphylaxis Network.

- Parent Information will be accessible from the HISD website
- Allergy and Anaphylaxis Posters will be placed in all cafeteria areas
- Training for transportation, custodial and food services will be considered annually between each department and the Director of Health Services

HISD Health Services Director reviews training regarding management of students with LTA's and district policy to HISD nurses and staff. HISD Director of Health Services performs all training of the HISD staff annually.

Specific Training Curriculum:

1. **Awareness Training** opportunity will be provided to all staff on an annual basis at the beginning of the year. Awareness training provides general information on common causes of allergic emergencies, preventative measures, and signs and symptoms of an allergic emergency to ensure all HISD staff is familiar with the LTA's.
2. **Comprehensive Training** will be provided at least annually to the staff that has regular contact with the student with an LTA. LTA training provides the participants with information about the most common allergens, the hazards related to the use of food for instructional purposes, and the importance of environmental controls in protecting the health of students at risk for allergy related anaphylaxis. The training will also provide information about how to respond when a child exhibits the signs and symptoms of an allergic reaction to food, provide information on implementing the LTA IHP/HCIS including the skills needed in administration of epinephrine, where the epinephrine is located and notifying the local EMS utilizing the school's emergency response policy and procedures. Written "comprehensive training packet" training materials will be provided

and the Epinephrine Administration Skills Check Form shall be kept in the clinic emergency/labeled binder as documentation of training.

3. **Additional Training** is provided at any time that it is needed, when a change in staff occurs, when a student develops a new LTA, or when a new student with an LTA enrolls on a campus. Ongoing monitoring of the training will occur to assure that sufficient personnel are trained in the care of the students with LTA's.

4. **Epinephrine Auto-Injectors Training** for procedures on maintenance, administration and disposal of Epinephrine auto-injectors to be used on anyone reasonably believed to be exhibiting signs and symptoms of anaphylaxis on a school campus in compliance with SB 579, 85th Legislature, Regular Session, 2017 will be completed on an annual basis. At least one person, other than the campus Nurse, designated by the principal will be trained on each campus in the use of unassigned Epinephrine auto-injectors.

Treatment of Anaphylaxis

Epinephrine is the first-line treatment in cases of anaphylaxis. Other medications have a delayed onset of action. Anaphylaxis can occur immediately or delayed following exposure to an allergen. In approximately one third of anaphylactic reactions, the initial symptoms are followed by a delayed wave of symptoms two to four hours later. This combination of an early phase of symptoms followed by a late phase of symptoms is defined as a biphasic reaction. While initial symptoms respond to epinephrine, the delayed biphasic response may not respond to epinephrine. Therefore, it is imperative that following the administration of epinephrine, the student be transported by emergency medical services (EMS) to the nearest hospital emergency department even if the symptoms appear to have resolved. Because the risk of death or serious disability from anaphylaxis itself usually outweighs other concerns, existing studies clearly favor the benefit of epinephrine administration in most situations. There are no medical conditions which absolutely prohibit the use of epinephrine when anaphylaxis occurs (Boyce, 2010).

If an emergency arises for a student with an LTA while the primary campus nurse is not present, the following steps will occur:

- **Call a campus staff member who has been trained to provide immediate emergency interventions as described in the student's IHP or unassigned epinephrine auto-injectors procedures.**
- **Call 911.**
- **Call the parents.**
- **Notify the campus administrator.**

Appropriate staff, as designated by the campus nurse, shall be given information on the individual student's IHP/HCIS.

Identification of Students With Allergy At-Risk for Anaphylaxis

Due to an increase in prevalence of allergies and the potential for an allergic reaction to become more life-threatening, information needs to be shared with the school in order to promote safety for children with allergies that are at-risk for anaphylaxis. It is important for parents to provide accurate and current health information when requested, in order to assist schools in obtaining information necessary to care for the student.

Texas Education Code Chapter 25, Section 25.0022 states that upon enrollment of a child in a public school, a school district shall request, by providing a form or otherwise, that a parent or other person with legal control of the child under court order:

1. Disclose whether the child has a food allergy or a severe food allergy that, in the judgement of the parent or other person with legal control, should be disclosed to the district to enable the district to take necessary precautions regarding the child's safety, and
2. Specify the food to which the child is allergic and the nature of the allergic reaction.

The parent/guardian is requested to provide HISD with this information on the Special Diet Order Form that is to be completed by the parent/guardian and Medical Authority upon enrollment and annually.

DEVELOPING THE INDIVIDUAL HEALTH PLAN FOR A STUDENT

When the parent notifies the campus nurse that a student with an LTA will be in attendance at that campus, the nurse will:

- Discuss the student's health status and management of allergy in the school.
- Discuss the level of care the parent anticipates the student will need at school.
- Discuss medications and supplies the parent will need to provide the school.
- Request that the parent obtain appropriate information/orders from the student's physician, concerning treatment of the student with LTA's care at school and provide parental consent for the school to provide the required treatment. The physician's form will need to specify allergen and treatment needed. (Reference: HISD LTA forms)

When information from the student's physician is obtained, the campus nurse and other appropriate school personnel will collaborate with the parent and student to review the information and develop specific healthcare information for the student's IHP/HCIS. The IHP/HCIS developed for the student will include all information needed to ensure the student's LTA is appropriately managed at school. At a minimum, the IHP will include:

- The physician's written authorization for treatment and description of the treatment the student will receive to manage his or her LTA at school.
- Emergency administration and doses of epinephrine and /or antihistamine
- Specify the allergen and a description of past reactions
- List the student's level of independent self-care
- Indication whether or not the student has asthma
- Location of emergency supplies
- Accommodations the student may require
- Description of the protocol for contacting the parent and the EMS system in the event of an emergency
- Any other information that must be considered to ensure consistent provision of routine care called for in the plan and the continuation of services in the event of an emergency
- The nurse will consider referral to the Campus committee to determine whether the student is eligible for 504 services, or should be referred to special student services for assessment for eligibility for special education services, as needed.

Reducing the Risk of Exposure through Environmental Controls

Protecting students from exposure to allergens to which they are sensitive is the most important way to prevent life-threatening anaphylaxis. Teaching students how to avoid a particular allergen is an important life skill. Roles and Responsibilities related to students, families and schools are provided on the Hudson Independent School District School Health Services following pages. This document is accessible on the Hudson ISD website and in all campus Nurse's offices.

Unassigned Epinephrine Auto-injectors

1) According to Texas Administrative Code Title 25 §§37.603 the school day will be defined as regular on-campus school hours when and whenever school personnel are physically on site for school sponsored activities.[See FFAC(LOCAL)]

2) Unassigned Epinephrine auto-injectors will **NOT** be stocked for use at off campus events or to and from school.

3) Notice is provided to the parent/guardian on an annual basis via the student handbook and the LTA policy posted on the district website

4) Each campus shall stock and maintain one adult epinephrine auto-injector (2 pack) and one pediatric epinephrine auto-injector (2 pack) according to physician orders on file with Director of Health Services and Campus nurse.

5) The Director of Health Services will be the District's epinephrine coordinator. (Shalana Hyde RN)

6) Epinephrine auto-injectors will be checked monthly by the campus nurse.

7) Emergency medical services will be notified each time an unassigned epinephrine auto-injector is used.

8) The parent or guardian, campus nurse, campus administration, and the Director of Health Services will be notified each time an unassigned epinephrine auto-injector is used.

9) In accordance with Section 38.209 of the Texas Education Code, A person who administers an epinephrine auto-injector is to meet with the District's epinephrine coordinator (Shalana Hyde RN, Director of Health Services) within five days of administration to document needed information for the DSHS electronic submission form. The commissioners of Texas Education Agency (TEA) and DSHS will be notified not later than the tenth business day after the date school personnel or a school volunteer administers an epinephrine auto-injector.

10) Used epinephrine auto-injectors will be given to the emergency medical services personnel responding and then if instructed by emergency medical services personnel will be disposed of in a SHARPS receptacle.

11) Expired epinephrine auto-injectors will be disposed of by the campus nurse in a SHARPS receptacle.

12) Epinephrine auto-injectors shall be replaced by the Director of Health Services.

13) A person who in good faith takes, or fails to take, any action under this subchapter or Texas Education Code, Chapter 38, Subchapter E is immune from civil or criminal liability or disciplinary action resulting from that action or failure to act in accordance with the Texas Education Code, §38.215.