

# ANAPHYLAXIS AWARENESS

COURSE CONTENT OVERVIEW

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Anaphylaxis is caused by a problem with the immune system where the body mistakenly identifies harmless substances as harmful ones. It's estimated that over 20,000 people are admitted to hospital each year in the UK as a result of an allergic reaction and, whilst anaphylaxis is rare, it has the potential to be life-threatening.

This Anaphylaxis Awareness course provides an introduction to what anaphylaxis is (and isn't) and helps you to understand the common causes of anaphylactic shock. The course explains the symptoms of anaphylaxis that you should be aware of and teaches you more about first aid, including how to administer an adrenaline auto-injector, in an emergency situation.

### **Module One: Introduction to Anaphylaxis**

This module outlines the differences between anaphylaxis, food allergies and food intolerance and looks at some common myths surrounding the condition. The module looks at the most common causes of anaphylaxis, including the 14 named food allergens that must be included on food packaging and menus.

- What is anaphylaxis?
- Food allergy myths
- Key definitions
- Common causes of anaphylaxis
- Food allergens
- Why is training important?

### **Module Two: Identifying Anaphylaxis**

This module looks at why it's so important to be able to recognise the symptoms of anaphylaxis and allergic reactions early on. The module outlines the symptoms to look out for and outlines ways in which you can help a person prevent an anaphylactic shock.

- People most at risk
- Early recognition
- Allergic reaction symptoms
- Anaphylaxis symptoms
- Preventing anaphylaxis

### **Module Three: First Aid**

This module looks at the role that adrenaline auto-injectors play in anaphylaxis recovery and explains how to administer an auto-injector during an anaphylactic shock. The module also looks at essential first aid for unconscious casualties, including a video of how to put someone in the recovery position and details of how to perform CPR.

- Adrenaline
- How to respond to an anaphylactic shock
- The primary assessment
- The recovery position
- Administering CPR
- Administering CPR to children
- Auto-injectors
- How to use an auto-injector
- Patient care

## Aims of the Training

By the end of this course learners will:

- Understand what anaphylaxis is (and isn't) and how it compares to food allergies and intolerance.
- Know the common causes of anaphylaxis, including common food allergens.
- Understand the symptoms of anaphylaxis and be able to recognise an anaphylactic shock.
- Know how anaphylaxis can be prevented.
- Know how to carry out first aid when someone is experiencing anaphylaxis, including the primary assessment, the recovery position and CPR.
- Understand how to use an adrenaline auto-injector in cases of anaphylaxis.