

COURSE CONTENT OVERVIEW

# Anaphylaxis Awareness

Anaphylaxis is a severe and potentially life-threatening allergic reaction which occurs when the immune system overreacts to a substance that would normally be harmless to most people. Early recognition of anaphylaxis symptoms is essential, as immediate treatment can save lives.

This course aims to provide learners with the theoretical knowledge and understanding needed to respond to anaphylaxis confidently. It explains what anaphylaxis is and outlines other food hypersensitivities. It also covers how to identify the symptoms of anaphylaxis and how to respond in an emergency, including treating anaphylaxis with an adrenaline auto-injector (AAI).

### **Module 1: Introduction to Anaphylaxis**

This module explains what anaphylaxis is and its common triggers. It also examines other food hypersensitivities and outlines why training is so important.

- What is anaphylaxis?
- Biphasic anaphylactic reactions
- Key definitions
- Food hypersensitivity myths
- Common triggers of anaphylaxis
- Food allergens
- Benedict's Law
- Why is training important?

### **Module 2: Identifying Anaphylaxis**

This module focuses on identifying the symptoms of anaphylaxis and explains how to support people in minimising their risk of experiencing a severe allergic reaction. It also outlines the symptoms of mild to moderate allergic reactions.

- People most at risk
- Allergy Actions Plans
- Early recognition
- Symptoms of mild to moderate allergic reactions
- Symptoms of anaphylaxis
- Minimising the risk of severe allergic reactions, such as anaphylaxis

### **Module 3: Responding to Anaphylaxis**

This module explains how to respond if someone is experiencing anaphylaxis. It also outlines the steps of the primary survey and details how to treat anaphylaxis using an adrenaline auto-injector (AAI).

- The primary survey
- The recovery position
- Adrenaline auto-injectors (AAIs)
- Intranasal adrenaline spray
- Responding to anaphylaxis
- How to use an AAI
- Administering CPR to adults, children and infants

## Aims of the training

By the end of this course, learners will:

- Understand what anaphylaxis is and how it compares to food allergies and intolerance.
- Know the common triggers of anaphylaxis, including common food allergens.
- Understand and be able to recognise the symptoms of anaphylaxis.
- Know how anaphylaxis can be prevented.
- Know how to assess and treat someone who is experiencing anaphylaxis.
- Understand how to administer an adrenaline auto-injector (AAI) or intranasal adrenaline spray.