

COURSE CONTENT OVERVIEW

# Allergy and Anaphylaxis Training for Schools



This Allergy & Anaphylaxis Training for Schools course will give you the confidence you need to identify the symptoms of an allergic reaction and explains what to do in an emergency situation, including how to administer an adrenaline auto-injector.

By taking this training, you'll develop a strong foundational knowledge of common allergens and the necessary preventative processes that should be in place in schools in order to keep children with allergies safe from harm.

### **Module 1: Understanding Allergies**

This module outlines what allergies are and what can trigger them. It explains what an allergic reaction is and the symptoms you need to be aware of, common allergens and food hypersensitivities.

- What is an allergic reaction?
- Signs and symptoms of an allergic reaction
- Biphasic anaphylactic reactions
- Common allergens
- Food hypersensitivity
- The 14 food allergens
- Food intolerance
- Coeliac disease
- Food labels
- Associated conditions

### **Module 2: Treatment of Allergies**

This module explains the actions you need to take if a child is suffering from an allergic reaction. It covers treating mild allergic reactions, how to administer an adrenaline auto-injector to treat anaphylaxis and how to correctly store medication.

- Treating mild allergic reactions
- Treating anaphylaxis
- Adrenaline auto-injectors (AAIs)
- Administering an adrenaline auto-injector
- Intranasal adrenaline spray
- Storing medication

### **Module 3: School Procedures**

This module explains the risks that children with allergies face in school and how to manage them. It covers the responsibility of school staff, the role of allergy policies and documents and how allergies can affect a child's mental health and wellbeing.

- Roles and responsibilities
- Allergy training
- Policies and documents
- Allergy policy
- Allergy action plan
- Individual Healthcare Plan (IHP)
- Identifying risks
- Cross-contamination
- Food in school
- Bake sales
- School trips
- Mental health and wellbeing
- Allergy bullying

## Aims of the training

By the end of this course, you will be able to:

- Identify common allergens and the different types of food hypersensitivities.
- Recognise when a child may be experiencing an allergic reaction, including anaphylaxis.
- Explain how to help a child in an emergency, including how to administer an adrenaline auto-injector.
- Identify the allergy precautions and processes that should be in place in schools to protect children from harm.
- Recognise the impact that allergies can have on children's mental health.