

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 and intranasal adrenaline spray.

By taking this training, you'll develop a strong foundational knowledge of common allergens and the necessary preventative processes that must 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.

- Allergies - the statistics
- 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 and intranasal adrenaline spray to treat anaphylaxis and how to correctly store medication. This module also covers key guidance introduced as part of Benedict's Law, including spare adrenaline auto-injectors in school and running anaphylaxis drills

- Treating mild allergic reactions
- Treating anaphylaxis
- Adrenaline auto-injectors (AAls)
- Administering an adrenaline auto-injector
- Running an anaphylaxis drill
- Good practice tips
- 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, including further key requirements outlined in Benedict's Law. It covers the responsibility of school staff, the role of allergy safety policies and documents and how allergies can affect a child's mental health and wellbeing.

- Benedict's Law
- Roles and responsibilities
- Reporting allergic reactions and near misses
- Allergy training
- Policies and documents
- Allergy safety policy
- Allergy action plan
- Individual Healthcare Plan (IHP)
- Communicating with parents and carers
- Identifying risks
- Cross-contamination
- Food in school
- Bake sales
- School trips
- Mental health and wellbeing
- Allergy bullying
- Compliance checklist

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 the signs and symptoms of allergic reactions, including anaphylaxis.
- Explain how to help a child in an emergency, including how to administer an adrenaline auto-injector and intranasal adrenaline spray.
- Explain how to obtain, safely access, store and use prescribed and spare adrenaline devices and conduct an anaphylaxis drill.
- Describe the policies and procedures required to manage allergies in schools in line with statutory guidance and Benedict's Law.
- Record, report and review allergy incidents and near misses.
- Understand the impact of allergies on a child's wellbeing and promote inclusion.