

# Developing risk minimisation and management strategies (ASCIA Anaphylaxis Action Plans)

ASCIA Action Plans for Anaphylaxis can be used for individuals with food and insect allergies. ASCIA Action Plans for Anaphylaxis include instructions on how to use an adrenaline auto-injector and should therefore always be stored with the auto-injector.

These plans and more information can be found on their website:

- <http://www.allergy.org.au/>

ASCIA Action Plans for Anaphylaxis have been developed as single page documents to assist in emergency treatment of anaphylaxis. These plans should be used as part of a comprehensive anaphylaxis management plan that includes:

- age appropriate education of allergic individuals and their peers or colleagues (patient support organisations have a range of resources to help educate children)
- training in the recognition and management of allergic reactions
- development of strategies to reduce the risk of accidental exposure
- an emergency response plan for when exposure does occur (ASCIA Action Plans for Anaphylaxis should be used for this purpose).

Pre-designed plans as found on the ASCIA website also include information such as:

1. Signs and symptoms of mild / moderate allergic reactions
2. Signs and symptoms of anaphylaxis
3. Basic treatment guidelines and information
4. Treatment information, such as administration guidelines and pictorial aids

## What to include:

Personal plans will require the following information and should be prepared in consultation with suitably-qualified medical personnel such as the patient's GP.

1. Name
2. Date of Birth
3. A recent photo (to recognise and confirm identity prior to administration)
4. Confirmed allergies
5. Whether patient has been diagnosed with asthma
6. Details of other relevant medical conditions
7. Emergency contact details (including name, mobile, work and home numbers)
8. Details of Patient's Doctor (name, contact details)
9. Type of auto-injector device (e.g. EpiPen®)
10. Other prescribed medications
11. Location of stored medications (specific instructions to locate)
12. Practical strategies to minimise the risk of exposure to allergens for in-school and out of class settings, including:
  - a. during classroom activities
  - b. in canteens or during lunch or snack times
  - c. before and after school, in the yard and during breaks
  - d. for special events such as incursions, sport days or class parties
  - e. for excursions and camps
13. The name of the person(s) responsible for implementing the strategies
14. Identified risks and minimisation techniques (see examples included below)
15. Dose details
16. Any relevant additional information
17. Review date (regular reviews are essential as situations and contexts change and plans can very quickly become outdated and therefore inadequate)

The Anaphylaxis Management Plan should also include an ASCIA Action Plan (see below), which sets out the emergency procedures to be taken in the event of an allergic reaction.