

## **Ithaca City School District**

### **Protocol for Prevention and Management of Student Peanut/Tree Nut Allergies**

This plan describes; procedures to identify students who are at risk for serious allergic reaction to peanut and/or tree nuts, procedures for implementation of a school wide practice to decrease the risk of exposure for those students who have peanut/tree nut allergies and the procedures for recognizing and providing care to a student who has been exposed to or is having an allergic reaction.

#### **People involved in the Plan**

1. School Nurses
2. Families
3. Community Physicians
4. Food Service Personnel
5. Teachers
6. Principals
7. Transportation Employees
8. Custodians
9. Medical Director
10. Student

#### **1. Identification of student with peanut/tree nut allergy**

1. Parent or guardian notifies school nurse of allergy: indicated on health history form; school health recognition of reaction by school nurse if reaction occurs in school; certificate or written communication signed by parent or guardian, or
2. Confirmation in writing by student's attending physician
3. Orders for treatment of allergic reaction signed by student's attending physician
4. Individual student management care plan which addresses prevention of exposure, recognition of symptoms of allergy and plan of treatment for allergic reaction. Signatures of the parents/guardians, student (when developmentally appropriate), and school personnel included in the plan are necessary to indicate understanding and consensus.

#### **2. Prevention of exposure in school or school-related setting for the peanut/tree nut allergic student**

1. Ithaca City School District (District) wide universal protocol
  - i. School Bus: The District expects students to keep food in their back packs; the district does not allow eating on school buses to or from school except for individual students approved for medical reasons like diabetes and preauthorized situations like non-routine trips.

- ii. The District expects students to eat in designated areas, which vary in Elementary, Middle and High school. The District does not allow eating in other venues without specific permission.
- iii. The District recommends that students and staff wash hands after eating at home, before getting on the school buses and after eating in school, especially if they have handled peanuts and or tree nuts.
- iv. The District requests students and staff will wash their hands every time they enter a peanut/tree nut-free classroom.
- v. The District, under the direction of the head school nurse or designee, will provide educational information about peanut/tree nut allergies and recognition and treatment of severe allergic reactions to bus drivers, other staff including food service and custodial, playground staff, teachers and administrators when requested.
- vi. The District will insure that peanut/tree nut free classrooms, peanut/tree nut free tables and other peanut/tree nut free common areas (library, offices) are maintained when the need is identified. The school nurse will provide peanut/tree nut-free signs for identified areas. The District will support students with peanut/tree nut allergies during events outside of school when the student is under the jurisdiction of the school district by addressing management on field trips as part of the individual student allergy care plan.

**3. Prevention of exposure to peanut and or tree nuts of students identified as having an allergy**

- i. The school nurse will assume responsibility for developing and coordinating an individual student allergy care plan for any student in her school identified as having a peanut/tree nut allergy. The school nurse will work with the student, his parents/guardians and all of the school personal who are necessary to the implementation of the plan.
- ii. The school nurse will provide information and training as necessary to teachers, administrators, other staff and transportation staff pertinent to the care of the specific child. This may include teaching non-professional adults to administer Epi-Pens.
- iii. The school nurse will work with the classroom teachers to identify and develop a plan to minimize potential exposures in the classroom. The school nurse and in cases of young children, the classroom teacher and/or nurse will provide education to the other students in the classroom and their parents about maintaining a peanut/tree nut free environment. Maintaining a safe environment may require specific seating arrangements, hand washing protocols, monitoring of food/lunches brought into the classroom.
- iv. The student and his parents/guardians will be encouraged to bring food from home for consumption by the student in school. The school food service staff will ensure that a peanut tree nut free

eating space is available to the child if determined necessary. The school nurse will work with students and food service staff to provide peanut/tree nut-free food to students with allergies. The Director of Food Service will evaluate and discuss with the food preparation staff the steps in food preparation and distribution where peanut contamination is likely to happen.

- v. The school nurse will work with the playground and custodial staff who interact with the allergic student to develop a practical plan to minimize the risk of exposure. The school administrator may need to enforce rules about locations where food can be opened and eaten.
- vi. The school nurse will work with the transportation director or designee, and specific bus drivers as necessary, to develop a plan for decreasing exposure to peanuts/tree nuts on the bus and responding if the student has an allergic reaction on the bus.
- vii. The school nurse will work with the teacher and other staff as needed to minimize the likelihood that the student would have peanut/tree nut exposure during field trips, and to manage a reaction if one should occur. The plan will be determined by the nature of the field trip, the risks and resources anticipated in the specific situation.

#### **4. Management of peanut/tree nut-allergic students after exposure or having allergic reaction**

1. Anaphylaxis is a life-threatening allergic reaction and may happen after exposure to peanut/tree nuts in allergic people. Recognition and treatment of anaphylaxis by the school nurses is addressed in the ICSD Standing Medical Orders and Protocols. In the event of exposure to in a peanut/tree nut allergic student, the school nurse will follow the standing orders.
2. The parents/guardians of the peanut/tree nut-allergic student will provide epinephrine in a self-administration device accompanied by an order for administration from the student's attending physician.
3. Management of the student who has been exposed to peanut/tree nut but has no symptoms: The school nurse will evaluate the student; if the student has never had an anaphylactic reaction and has no symptoms, and the individual care plan does not state that **epinephrine should be administered after exposure even if there are no symptoms**, the nurse will monitor the student. Parent/guardian will be notified and asked to come for the student. If the student develops symptoms the nurse will administer epinephrine immediately. If the nurse administers epinephrine, 911 will be called and patient transported to emergency medical care.
4. **If a peanut/tree nut-allergic student has been exposed and has symptoms of anaphylaxis** as described in the ICSD Standing Medical Orders and Protocols, **the school nurse will administer epinephrine**, call 911, notify the parents/guardians and arrange transfer to emergency

medical care and provide supportive care until the transfer is accomplished. If there is uncertainty or ambivalence as to the seriousness of the symptoms **the school nurse will administer epinephrine and call 911.**

5. Students with peanut/tree nut allergies who are capable of self-administration of epinephrine will be encouraged to learn the self-administration technique. As part of the individual care plan, school nurses will work with students to learn self-administration of epinephrine. The nurse will determine if the student is capable of self-administration. The physician must sign a self-carry medication order which must also be signed by the parent/guardian and student. As part of the individual care plan, the school nurse may teach specific adults the technique of administration of epinephrine and the indications for administering it.
6. A student who self-administers epinephrine will agree to notify the school nurse or a responsible adult as soon as possible after self-administration.

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