

CFISD COMPLIANCE COURSE (2020-21)

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Module 9: Food Allergens ?

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Introduction ⌵ ⚙️ 🔍 ✕



A food allergy is a potentially serious immune-mediated response that develops after ingestion or other contact with a food allergen (specific foods or food additives) usually occurring a few minutes to hours after exposure to the allergen.

Anaphylaxis- serious allergic reaction that is rapid in onset and may cause death.

A licensed physician's diagnosis of a severe, life-threatening allergy meets the definition of a disability.

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Background ⌵ ⚙️ 🔍 ✕



Studies Show that 16-18 percent of children with food allergies have had allergic reactions to accidental ingestion of food allergens while in school.

Anaphylactic Reactions

- 25% of anaphylactic reactions, life-threatening, in schools occur among students without a previous food allergy diagnosis.

Eight (8) Foods

- Eight foods account for over 90 percent of allergic reactions: milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat.



What School Personnel Can Do

- School personnel should be ready to recognize symptoms of an allergic reaction to respond to the student's emergency needs.

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Allergic reactions can occur with trace exposure to food allergens and to non-food items such as arts and crafts materials.

Management of food allergies relies on strict avoidance of the food allergen, early recognition of symptoms, and prompt treatment when an allergic reaction occurs due to unintended exposure to the food.



Upon enrollment of a child, the parent or legal guardian must disclose and specify a food allergy or severe food allergy.

A food allergy action plan (**FAAP**) or emergency action plan (EAP) must be designed by a healthcare provider, student's legal guardian, and school nurse for implementation by trained personnel in the event of an accidental exposure to a food allergen.

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Symptoms may include any of the following:

Mouth:

- Tingling, itching, swelling of the tongue, lips, or mouth; blue/grey color of lips

Throat:

- Tightening of throat, tickling feeling in back of throat, hoarseness or change in voice

Nose/Eyes/Ears:

- Runny, itchy nose, redness and /or swelling of eyes, throbbing in ears

Lung:

- Shortness of breath, repetitive shallow cough, wheezing

Stomach:

- Nausea, vomiting, diarrhea, abdominal cramps

Skin:

- Itchy rash, hives, swelling of face or extremities, facial flushing

Heart:

- Thin weak pulse, rapid pulse, palpitations, fainting, blueness of lips, face, or nail beds; paleness

The most dangerous symptoms include breathing difficulties and a drop in blood pressure or shock, which is potentially fatal.

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Question 1 What are the 8 most    



Think about it...

Which of the following foods are among the eight (8) most common allergy causing foods?

Multichoice

Answer 1: All of the choices are correct.

Response 1 That is correct!

Milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat are among the eight (8) most common allergy causing foods.

Score 1

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Answer 2 : Milk

Question 1 What are the 8 most

Response 2 That is incorrect!

Milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat are among the eight (8) most common allergy causing foods.

Score 0

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Answer 3 : Eggs

Response 3 That is incorrect!

Milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat are among the eight (8) most common allergy causing foods.

Score 0

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Answer 4 : Peanuts

Response 4 That is incorrect!

Milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat are among the eight (8) most common allergy causing foods.

Score 0

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Question 3 What are signs and symptoms



Think about it...

What are the signs and symptoms of anaphylaxis?

Multichoice

Answer 1: All choices correct

Response 1 That is correct!

All of the choices are correct responses.

Score 1

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Answer 2 : Tightening of the throat

Response 2 That is incorrect!

All of the choices are correct responses.

Score 0

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Answer 3 : Shortness of breath

Response 3 That is incorrect!

All of the choices are correct responses.

Score 0

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Answer 4 : Nausea, vomiting, diarrhea, abdominal cramps

Question 3 What are signs and symptoms

Response 4 That is incorrect!

All of the choices are correct responses.

Score 0

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Question 4 What are the most dangerous symptoms



Think about it...

Breathing difficulties and a drop in blood pressure are the most dangerous symptoms of anaphylaxis.

True/false

Answer 1: True

Response 1 That is correct!

Breathing difficulties and a drop in blood pressure are among the most dangerous symptoms of anaphylaxis.

Score 1

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Answer 2 : False

Response 2 That is incorrect!

Breathing difficulties and a drop in blood pressure are among the most dangerous symptoms of anaphylaxis.

Score 0

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Prevention



The most important way to prevent life-threatening anaphylaxis is to protect students from exposure to allergens.

Some ways for staff to provide a safe environment include:

- identify high-risk areas
- limit, reduce, or eliminate food from learning environments
- educate children about not trading or sharing food, snacks, drinks, or utensils
- implement hand washing before and after meals (sanitizers are not sufficient for removing allergens)
- identify an allergen-safe table and ensure proper cleansing with disposable supplies



Nurses will collaborate with teachers to receive training and review emergency action plans for each student with a known food allergy in their classroom.

When preparing, handling, and serving food, it is critical to be sure utensils are not exposed to allergens.

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Question 5 What is the most important



Think about it...

The most important way to prevent life-threatening anaphylaxis is to protect students from exposure to allergens.

True/false

Answer 1: True

Response 1 That is correct!

Protecting students from exposure to food allergens is the most effective way to prevent life-threatening anaphylaxis.

Score 1

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Answer 2 : False

Question 5 What is the most important ⚙️ ⚙️ 🔍 ✕

Response 2 That is incorrect!

Protecting students from exposure to food allergens is the most effective way to prevent life-threatening anaphylaxis.

Score 0

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Question 6 What are the ways that all staff ⚙️ ⚙️ 🔍 ✕



Think about it...

One of the ways that staff can provide a safe environment for students is to limit, reduce, or eliminate food from learning environments.

True/false

Answer 1: True

Response 1 That is correct!

One of the ways that staff can provide a safe environment for students is to limit, reduce, or eliminate food from the learning environment.

Score 1

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Answer 2: False

Response 2 That is incorrect!

One of the ways that staff can provide a safe environment for students is to limit, reduce, or eliminate food from the learning environment.

Score 0

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Question 7 What can a teacher do to ensure student safety ⚙️ ⚙️ 🔍 ✕



Think about it...

In order for a teacher to ensure student safety, he/she should collaborate with the school nurse to receive training and review emergency action plans for each student in his/her classroom who has a known food allergy.

True/false

Answer 1: True

Response 1 That is correct!

In order for a teacher to ensure student safety, he/she should collaborate with the school nurse to receive training and review emergency action plans for each student in his/her classroom who has a known food allergy.

Score 1

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Answer 2: False

Question 7 What can a teacher do to ensure student safety

Response 2 That is incorrect!

In order for a teacher to ensure student safety, he/she should collaborate with the school nurse to receive training and review emergency action plans for each student in his/her classroom who has a known food allergy.

Score 0

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Question 8 How can the cafeteria environment



Think about it...

The cafeteria environment can be made as safe as possible by ensuring that utensils are not exposed to allergens during the preparation, handling, or serving of food.

True/false

Answer 1 : True

Response 1 That is correct!

The cafeteria environment can be made as safe as possible by ensuring that utensils are not exposed to allergens during the preparation, handling, or serving of food.

Score 0

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Answer 2 : False

Response 2 That is incorrect!

The cafeteria environment can be made as safe as possible by ensuring that utensils are not exposed to allergens during the preparation, handling, or serving of food.

Score 0

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Treatment

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Epinephrine is a medication used to counteract anaphylaxis. It usually comes in a pre-measured, spring-loaded pen like device.

Capable students with physician's consent can carry their own EpiPen while in school. A dose should also be kept in the school clinic. If a student reports symptoms of an allergic reaction, ask the student if he/she has an EpiPen.

The student, school nurse, or trained staff will administer the prescribed emergency medication according to physician's direction at the first sign of an allergic reaction or known exposure to the allergen.



If the student self-administers emergency medication, EMS must be notified immediately, and the student should be escorted to the clinic by a responsible adult.

A campus administrator should be notified that EMS has been summonsed.

In approximately one third of anaphylactic reactions, the initial symptoms are followed by a delayed wave of symptoms two to four hours later. Therefore, it is imperative that following the administration of epinephrine, the student be transported by EMS to the nearest hospital even if symptoms appear to have resolved.

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Video: Administration of an EpiPen



[Using%20EpiPen.flv](#)

Click the PLAY button on the video to begin. After selecting the PLAY button, you can view the video "full screen" by right clicking, selecting ZOOM, then selecting FULL SCREEN. To exit full screen press the "Esc" key on your keyboard.

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Think about it...

Epinephrine is a medication used to treat anaphylaxis.

True/false**Answer 1:** True**Response 1** That is correct!

Epinephrine is a medication used to treat anaphylaxis.

Score 1**Jump** Next page**Answer 2 :** False**Response 2** That is incorrect!

Epinephrine is a medication used to treat anaphylaxis.

Score 0**Jump** Next page[Import questions](#) | [Add a content page](#) | [Add a cluster](#) | [Add an end of branch](#) | [Add an end of cluster](#) | [Add a question page here](#)**Question 10** Can a student carry their own ⚙️ 🔍 ✖️

Think about it...

Can a student carry their own EpiPen?

True/false**Answer 1:** Yes**Response 1** That is correct!

Capable students with physician's consent can carry their own EpiPen while in school. A dose should also be kept in the school clinic. If a student reports symptoms of an allergic reaction, ask the student if he/she has an EpiPen.

Score 1**Jump** Next page**Answer 2 :** No**Response 2** That is incorrect!

Capable students with physician's consent can carry their own EpiPen while in school. A dose should also be kept in the school clinic. If a student reports symptoms of an allergic reaction, ask the student if he/she has an EpiPen.

Score 0

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Think about it...

If a student self-administers epinephrine, EMS must be notified immediately, and the student should be escorted to the clinic by a responsible adult.

True/false

Answer 1: True

Response 1 That is correct!

If a student self-administers epinephrine, EMS must be notified immediately, and the student should be escorted to the clinic by a responsible adult.

Score 1

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Answer 2: False

Response 2 That is incorrect!

If a student self-administers epinephrine, EMS must be notified immediately, and the student should be escorted to the clinic by a responsible adult.

Score 0

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Think about it...

Can an EpiPen be administered through clothing?

True/false

Answer 1: Yes

Response 1 That is correct!

An EpiPen can be administered through clothing.

Score 1

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Answer 2: No

Response 2 That is incorrect!

An EpiPen can be administered through clothing.

Score 0

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Question 13 What is the location of the body    

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Think about it...

What is the location on the body where an EpiPen is administered?

Multichoice

Answer 1: Outer aspect of the mid-thigh

Response 1 That is correct!

The EpiPen should be administered to the outer aspect of the mid-thigh.

Score 1

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Answer 2 : Upper arm

Response 2 That is incorrect!

The EpiPen should be administered to the outer aspect of the mid-thigh.

Score 0

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Answer 3 : Lower leg

Response 3 That is incorrect!

The EpiPen should be administered to the outer aspect of the mid-thigh.

Score 0

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Answer 4 : Inner thigh

Response 4 That is incorrect!

The EpiPen should be administered to the outer aspect of the mid-thigh.

Score 0

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Contact    



Have any questions about food allergens? Click the link to email your CFISD contact person.

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