**Food Allergy Management Plan (FAMP)**

**Background:**
Anaphylaxis is a sudden, severe allergic reaction. The most dangerous symptoms include breathing difficulties, a drop in blood pressure or shock. Common examples of potentially life threatening allergies are those to food, stinging insects, medications and latex. The incidence of severe allergic reactions has been rising at an alarming rate, especially with regard to food. Other common causes of anaphylaxis include allergies to latex, medications and insect stings.

**Pathophysiology and Treatment:**
Anaphylaxis can affect almost any part of the body and cause various symptoms. The most dangerous symptoms include breathing difficulties and a drop in blood pressure, or shock, which are potentially fatal. Medications:
- Epinephrine
- Antihistamines

Treatment of anaphylaxis is centered on treating the rapidly progressing effects of the histamine release in the body with epinephrine. The allergen should also be removed immediately.

**Creating an Allergen-safe School Environment:**
- Protecting a student from exposure to offending allergens in the most important way to prevent life-threatening anaphylaxis
- Avoidance of exposure to allergens is the key to preventing reaction.
- The risk of exposure to allergens for a student is reduced when the school personnel, medical provider and parent/guardian work together to develop a management plan for the student.
- Educating the entire school community about life-threatening allergies is important in keeping students with life-threatening allergies safe.

**Identifying the School Team:**
- School District Administration (Kathleen Hassenfratz, Health and Social Programs Coordinator)
- School Nurse
- Teachers
- Food Service Personnel (Café Manager)
- Coaches, Athletic Directors, and After School Volunteers
- Transportation Personnel
Identification of Student with Food Allergies who are At Risk for Anaphylaxis:

Identification of students with food allergies who are at risk for anaphylaxis began with the 2012-2013 school year. Currently, all students receive a food allergy information form with their back-to-school packets.

These forms are collected by the registrar/front office staff. If a student’s form is marked declaring that the student has a food allergy that places them at risk for anaphylaxis, the form is transferred temporarily to the school nurse/clinic assistant. Necessary information is obtained by the nurse, and the form is then returned to go in the student’s file. The Campus’ Nurse notifies the Food and Nutrition Services (FANS) Director who creates the necessary menu changes and communicates those to the campus’ café manager.

The FANS Department notifies the campus and student’s parent/guardian when the menu changes are completed and being implemented; the campus’ nurse notifies the student’s teachers and other staff and trains them in any procedures necessary to ensure the student’s safety, including Epi-Pen administration.

After the initial dispersal of food allergy information forms that occur at the beginning of the school year, this form will be placed in every new enrollee’s packet of enrollment papers for completion at the time of enrollment. The same process mentioned above will occur for each student who submits a form.

Emergency Care Plans, Individualized Health-Care Plans and Risk Reduction:

Lake Travis ISD food allergy action plans will be individualized to all students who have food allergies. Once notified of the student’s allergy, a working partnership with students, parents, student’s physician, school nurse and other Lake Travis ISD personnel, as appropriate, begins the foundation for the development of an Individual Health Care Plan (IHCP).

Upon receipt of signed medical plans and parental consent, the IHCP is developed. The first to be addressed is the emergency response. This ensures that a team of at least three (3) principal/nurse/designated staff members, who work daily with the affected student, are trained to recognize an allergic reaction and can quickly treat the student. This will include training of these staff members, at least annually, or more frequently, as the school nurse deems. In the case of severe life threatening allergies, the school principal will collaborate with the school nurse to send letters to other parents of the class requesting parents to voluntarily refrain from sending the allergen food in their child's belongings during school or for after-school activities, celebrations or parties.
Depending on physical constraints within the school, the Principal may designate a food-allergy friendly area or lunch table. The Food and Nutrition Services (FANS) department, in collaboration with the parents and school nurse, will follow their policy for medical documentation for meal substitution, when applicable. Also, site-based Food Service Managers will flag the child’s account through the point-of-sale system. Hand washing guidelines to staff and students are enforced. The custodial department will be instructed to use commercial wipes and cleaners that remove the allergens from the hard surfaces. Non-food items will be adapted in curriculum for those classes who have students with food allergies. The transportation department will also be notified and trained to recognize the specific reactions to life threatening allergies, if applicable. While Lake Travis ISD cannot guarantee an allergy-free environment at school, the district is committed to doing everything possible to ensure the safety of every child who has allergies.

**Training for School Staff on Anaphylaxis and Emergency Response to Anaphylactic Reactions:**

http://www.youtube.com/watch?v=AKVjKC3u9hk

http://allergyready.com/

**Post-anaphylaxis reaction review of policies and procedures:**

After a student’s anaphylactic reaction at school or at a school-related activity, the school nurse or athletic trainer should submit an incident report to the District Food Allergy Coordinator, identifying:

1. The source of allergen exposure, if known.
2. Emergency action taken, including whether epinephrine was used and whether the student or a staff member administered the epinephrine.
3. Any recommended changes to procedures.

After a student’s anaphylactic reaction the District Food Allergy Coordinator, the school nurse, or a clinic team leader will:

1. Review the FAAP, 504 and IHCP as applicable to address any changes needed or made by the student’s healthcare provider.
2. If an epinephrine auto-injector was used during the reaction, the school nurse/clinic assistant will contact the parent/guardian to remind him/her to obtain a replacement for the school.
3. If the allergic reaction is thought to be from food provided by the school food service, work with the school food service department to ascertain what potential food item was served/consumed and how to reduce risk in the cafeteria by reviewing food labels, minimizing cross-contamination, and other strategies.
Review of District Plan:

The Lake Travis ISD FAMP will be reviewed at least yearly by the appointed District Food Allergy Coordinator to ensure current best practice is maintained.

FORMS:

food allergy plans\Anaphylaxis-Emergency-Action-Plan.pdf

food allergy plans\FAAP.pdf