

National Allergy Council Minimum content requirements for anaphylaxis training for schools and children's education and care (CEC) services

1. Identify and use appropriate and effective risk minimisation strategies to prevent allergic reactions

- 1.1 Be able to list common causes of anaphylaxis in Australia.
- 1.2 Know where to find evidence-based information about risk minimisation strategies.
- 1.3 Be able to identify and use effective age-appropriate strategies to minimise the risk of exposure to known allergens.

2. Identify the signs and symptoms of an allergic reaction

- 2.1 Know what a mild to moderate allergic reaction may look like, and that this may or may not progress to anaphylaxis.
- 2.2 Know what anaphylaxis may look like, and that only one of the signs/symptoms may occur.
- 2.3 Know that anaphylaxis can sometimes occur without a mild to moderate allergic reaction beforehand.

3. Identify appropriate response to an allergic reaction

Based on the ASCIA Action Plan:

- 3.1 Know what to do if someone has a mild to moderate allergic reaction.
- 3.2 Know what to do if someone has anaphylaxis.
- 3.3 Know how to correctly position someone having anaphylaxis.
- 3.4 Know what to do if no adrenaline injector is available.

4. Demonstrate ability to correctly administer adrenaline injector devices

- 4.1 Be able to identify the brand of adrenaline injector devices currently available in Australia.
- 4.2 Be able to correctly administer all adrenaline injector devices available for use in your school or CEC service.
- 4.3 Be able to identify the correct dose of adrenaline injector (if using a general use device) for the person's approximate weight.
- 4.4 Be able to correctly position the person experiencing anaphylaxis to administer an adrenaline injector.
- 4.5 Know what to do once an adrenaline injector has been administered.

In addition:

- Online courses must include the requirement for a participant to correctly demonstrate to an adult (e.g. within their workplace) how to administer all current adrenaline injectors (using trainer devices) and this must be documented on their e-training certificate.
- Anaphylaxis management training should be undertaken at least every two years. Refresher training should be undertaken every six months, which includes the signs and symptoms and actions for mild, moderate and severe allergic reactions. Both types of training need to include hands on practice with adrenaline injector trainer devices.