

2023

Anaphylaxis Awareness Week

1-7 October #WearItBright

Managing patients in the community

Information for Healthcare Professionals: identifying patients at risk of anaphylaxis and prescribing adrenaline

Allergy competencies

Allergy competent primary care professionals can facilitate testing and interpretation of clinical history and results in liaison with allergy networks.



Skin prick tests

Only perform skin prick tests with the appropriate competencies, equipment, and resuscitation facilities available.

Assessing risk

If there is uncertainty about the risk of anaphylaxis, prescribe adrenaline as a safety netting procedure pending review in a specialist allergy clinic.



Referral

Every patient prescribed adrenaline auto-injectors (AAIs) or considered at risk of anaphylaxis must be reviewed by a specialist. Prescription of AAIs is not a substitute for referral.



Allergy history

Base decision to prescribe AAIs on allergy history NOT allergy tests. Tests alone are not helpful in determining the severity of allergy.

Validated tests can be helpful to confirm allergy only in the context of the allergy history.








Avoid screening serum IgE panels

False positives are very common.

Refer patients to www.anaphylaxis.org.uk for more information

Adrenaline auto-injector training and self-management plans

Checklist for primary care

- Incorporate AAI training into the process of prescribing and dispensing – this must be device specific. e.g., EpiPen, Jext, Emerade. 
- Training can be delivered by healthcare professionals with appropriate allergy competencies e.g., physician associates, nurses, pharmacists, paramedics, GPs, dieticians. 
- Emphasize the importance of carrying two AAIs at all times and replacing them when expired. 
- Provide a **written allergy action plan** for every patient and ensure they understand what to do in an emergency. 
- Ensure asthma control is reviewed and optimised. 
- Co-factor awareness - make patients aware that exercise, lack of sleep, stress, alcohol and NSAIDs can make allergic reactions worse. 
- Review and re-train patients annually. 

Refer patients to www.anaphylaxis.org.uk for more information

Recognising at risk groups & situations

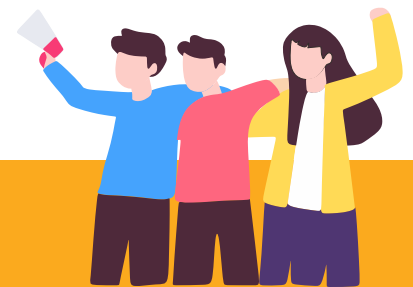
Adolescents and young adults are at the highest risk of serious or fatal anaphylaxis.



University students may be especially vulnerable as they are living independently away from home in a new setting for the first time.

Food labelling can be confusing. Consider referring to specialist community dietitian for advice and signpost to the Anaphylaxis UK **shopping guide**.

Discuss managing potential high-risk situations with patients with food allergy e.g., parties, roadside food vendors, travel in unfamiliar places, festivals and takeaways.



Travel abroad on airplanes needs some extra planning. Refer patients to the Anaphylaxis UK **Travel guide**.

Refer patients to www.anaphylaxis.org.uk for more information

Keeping school children safe: adrenaline auto-injectors (AAIs)

17%

of fatal food-anaphylaxis reactions in school-age children happen while they are at school.

20%

of anaphylactic reactions in schools are in children with no prior history of food allergy.



Consider prescribing up to four AAIs for younger school children at risk of anaphylaxis (two to stay at school).



Two AAIs are enough once the child is able to administer and allowed to carry their own AAIs at school.



Remind parents that children should always have access to the AAIs even on the way to and from school.



Schools can purchase spare AAIs but this doesn't change the number of AAIs to prescribe to a child.



Visit Anaphylaxis UK's **Safer Schools Programme** for training & support

Refer patients to www.anaphylaxis.org.uk for more information

Anaphylaxis UK resources:

Comprehensive guide to **Living with serious allergies**

What to do in an emergency

Library of factsheets with detailed guidance for different allergies

You Tube channel of podcasts

AllergyWise training courses for schools, early years settings, workplaces, care workers and healthcare professionals

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Creating a
brighter future for
people with
serious allergies

Scan the QR code
to visit our
website



Anaphylaxis UK is a UK-wide charity supporting people living with serious allergies. We provide support and evidence-based information to individuals, families, businesses, schools and healthcare professionals.



Contact our helpline
Open 9am-5pm Monday to Friday



01252 542029



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Refer patients to www.anaphylaxis.org.uk for more information