



**Playhouse Pre-school
Broadwater**

Anaphylaxis Management Policy

Statement of intent

This policy is concerned with a whole Pre-School approach to the health care and management of those members of the Pre-School community suffering from specific allergies.

Playhouse Pre-School are aware that children who attend may suffer from food, bee/wasp sting, animal or nut allergies and we believe that all allergies should be taken seriously and dealt with in a professional and appropriate way.

Playhouse Pre-School's position is not to guarantee a completely allergen free environment, rather: to minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

Playhouse Pre-School is committed to a no food and drink sharing policy.

The *Statutory Framework* states that the provider must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the child's registration form, which is submitted before starting Pre-School.

Aim

The intent of this policy is to minimize the risk of any child suffering allergy-induced anaphylaxis whilst at pre-school.

An allergic reaction to nuts is the most common high-risk allergy, and as such demands more rigorous controls throughout the policy.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

Definitions

Adrenalin Auto Injector - syringe style device containing the drug Adrenalin, which is ready for immediate inter-muscular administration.

Allergy - A condition in which the body has an exaggerated response to a substance (e.g. food and drug) also known as hypersensitivity.

Allergen - A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis - Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.

EpiPen - Brand name for syringe style device containing the drug Adrenalin, which is ready for immediate inter-muscular administration.

Minimised Risk Environment- An environment where risk management practices (e.g. Risk assessment forms) have minimised the risk of (allergen) exposure.

Care Plan- A detailed document outlining an individual student's condition treatment, and action plan for location of medication.

Characteristics of Anaphylaxis

It is characterised by swelling. Signs and symptoms will normally appear within seconds or minutes after exposure to the allergens. These include:

- Skin - itchy, flushed, rash, 'wheals', hives or urticaria
- Face - swelling of mouth, lips and tongue
- Throat - swelling of vocal chords, hoarse voice
- Airways - swelling resulting in a wheeze or an asthma attack
- Digestive system - abdominal pain, nausea, vomiting, diarrhoea
- Collapse/unconscious

The most common causes/triggers are:

- Insect bites/stings
- Tablets/medication
- Food e.g. nuts, peanuts, eggs, fish, dairy products

Avoidance of the trigger, along with access to the child's emergency medication, is necessary to enable the child to be safe at the setting.

Avoiding Trigger Foods

Playhouse Pre-School will take all reasonable steps to ensure that the child diagnosed with anaphylaxis does not eat any food items unless they have been prepared/approved by the child's parents/carers. Strict adherence to this will avoid the need for urgent medical treatment. Good hygiene training is essential.

Where necessary parents/carers may provide food that is appropriate for their child to eat. Playhouse Pre-School will consider excluding triggers from our environment where possible.

Arrangements that involve leaving the setting require prior discussion with parents/carers to agree appropriate provision and safe handling of medication. During cooking activities or activities involving food items, prior discussion will be held between the parents/carers to agree suitable alternatives

Management of Anaphylaxis

Playhouse Pre-School will be welcoming to all children with allergies and acknowledge that anaphylaxis is a serious condition affecting a minority of children.

Staff will encourage and help children with allergies to participate fully in activities. Playhouse Pre-School will consider all the implications of accepting a child into our setting prior to the completion of a health care plan and training to support in the administration of medication. We will work with parents to ensure that the training delivered is specific to the individual needs of their child.

A care plan will be drawn up in conjunction with parents/carers, the child's GP/Consultant and the setting; this will enable staff to give the best care to the child. The care plan will be reviewed termly.

Playhouse Pre-School will ensure that we have relevant paperwork available to put in place when admitting a child with a medical condition.

The medicines will be administered by a trained member of staff, normally the Manager or Deputy in charge that session. A member of staff who is trained in the administration of an Adrenalin Auto Injector is always on duty. Playhouse Pre-School will hold appropriate medication under secure but accessible conditions, clearly labelled for use by a designated member of staff and showing the correct dose and expiry date.

Parent's role

Parents are responsible for providing, in writing, ongoing accurate and current medical information to the school.

Parents to inform the Pre-School confirming and detailing the nature of the allergy; including:

- The allergen (the substance the child is allergic to)
- The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock)
- What to do in case of allergic reaction, including any medication to be used and how it is to be used.
- Control measures – such as how the child can be prevented from getting into contact with the allergen.
- If a child has an allergy requiring an Adrenalin Auto Injector, or the risk assessment deems it necessary, a “care plan” must be completed and signed by the parents.
- It is the responsibility of the parent to provide the Pre-school with up to date medication/ equipment clearly labelled in a suitable container.
- In the case of life saving medication like Adrenalin Auto Injectors, the child will not be allowed to attend without it.
- Parents are also required to provide up to date emergency contact information.
- Lunches brought into pre-school are provided by each child's parent.
- It is their responsibility to ensure that the contents are safe for the child to consume.
- Parents should liaise with Staff about appropriateness of snacks and any food-related activities (e.g. cooking)

Staff's role

Staff are responsible for familiarising themselves with the policy and to adhere to health & safety regulations regarding food and drink.

- If a child's Enrolment Form states that they have an allergy, then a "care plan" is needed. It must be in place before the child starts attending sessions. A risk assessment should be carried, and any actions identified to be put in place. The Assessment should be stored with the child's care plan.
- Upon determining that a child attending Pre-school has a severe allergy, a team meeting will be set up as soon as possible where all Staff concerned attend to update knowledge and awareness of child's needs.
- All Staff who come into contact with the child will be made aware of what treatment/medication is required by the Pre-School Manager and where any medication is stored.
- All staff are to promote hand washing before and after eating.
- Snack time biscuits and snacks are monitored by Staff and are peanut, nut free and other allergens depending on the children attending. All staff should know the procedures at snack and lunch time to ensure the safety of children with allergies.
- However, Staff cannot guarantee that foods will not contain traces of nuts.
- All tables/cloths are cleaned with an approved solution.
- Children are not permitted to share food.
- As part of the Staff first aid course, Adrenalin Auto Injector use, and storage has been discussed.
- We may ask the parent for a list of food products and food derivatives the child must not come into contact with.
- Emergency medication should be easily accessible, especially at times of high risk.
- Staff should liaise with parents about snacks and any food-related activities.

Actions

In the event of a child suffering an allergic reaction:

- We will delegate someone to contact the child's parents.
- If a child becomes distressed or symptoms become more serious telephone 999
- Keep calm, make the child feel comfortable and give the child space.
- If medication is available, it will be administered as per training and in conjunction with the "Medication Policy".
- If parents have not arrived by the time ambulance arrives, a member of staff will accompany the child to hospital (preferably the child's keyworker).

Role of other parents

- Snacks and lunches brought to the Pre-School by other parents should be peanut and nut free.
- The Pre-School will ensure that parents are regularly reminded and will monitor the contents of lunchboxes and snack.

This policy was agreed by the staff of Playhouse Pre-School Broadwater.

Adopted on 26th March 2015 and will be reviewed annually.

Reviewed on 6th November 2025 by Z. Munford