

Risk

Categorising

Parental preference
True allergy
Mild
Moderate
Severe

Recognising

Food allergens
Non food items
Food Allergy
Food Intolerance

Managing

Policies
Procedures
Education
Training

Categorising risk

Food hypersensitivity



Categorising risk

Food Allergy

- Can be life threatening

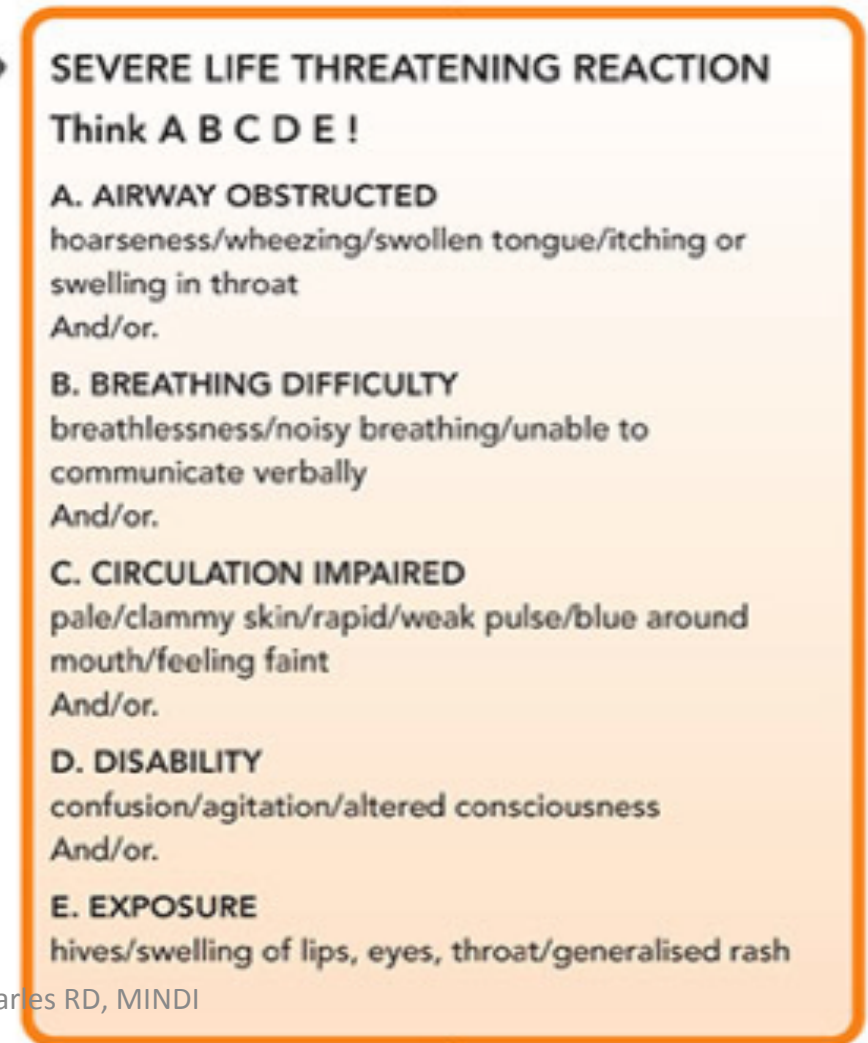
Food Intolerance

- Not life threatening
- symptoms may cause discomfort.

Categorising risk

Mild allergic reaction

Severe allergic reaction



Two very important questions

What could happen?

What could cause it to happen?

Recognising risk

4 questions

- What type of food hypersensitivity?
- Where diagnosed?
 - Medical, Complementary & Alternative health, Parental concern
- What allergens are involved? Food or non food.
- Does the child have any other allergy: asthma or eczema?

Managing Risk

What you should capture on your admission form.

Adapt according to local policy and review in a defined time

Guideline basic information required for each child with a food sensitivity

Diagnosing health care professional details:

Diagnosis food allergy or food intolerance:

Food(s) implicated: _____

Total exclusion required or can have small amount/cooked amount of _____

Any non food allergy triggers e.g. asthma/heat/dust/scratchy fabric

At risk of severe allergic reaction (anaphylaxis): yes/no/other?

Emergency allergic reaction management plan required/provided by parent?

Medication prescribed?

Recognising risk



**Lactose intolerance is not a food allergy.
Lactose intolerance will usually resolve in 2-4 weeks.
Special diet/formula might be needed but only temporarily.**

Eczema

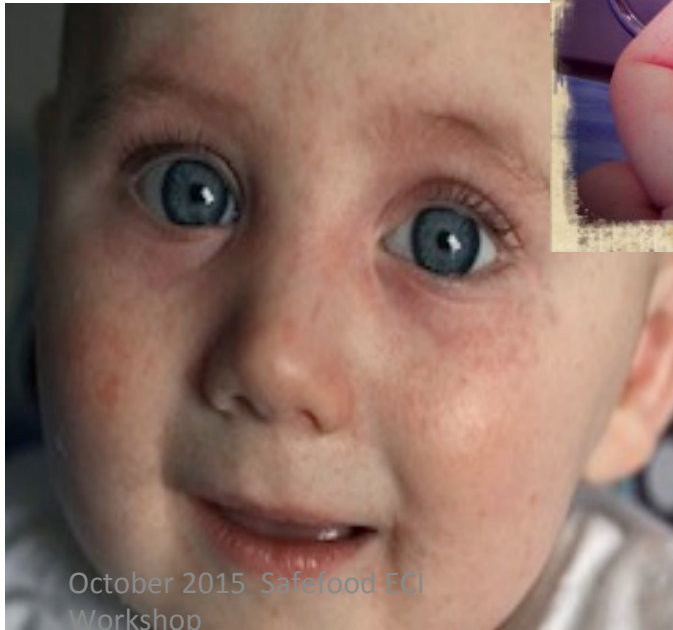


Strawberry, citrus, tomato

What does the start of an allergic reaction look like?



What do these children have in common?





Amount



1: smear



2: up to 25%



3: 25-50%



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Workshop 4: >50%

Consistency



A: watery



B: soft



C: formed

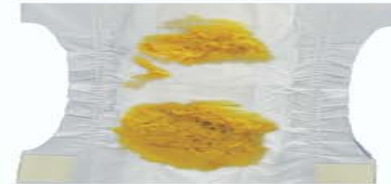


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D: hard

Color



I



II



III



IV



V



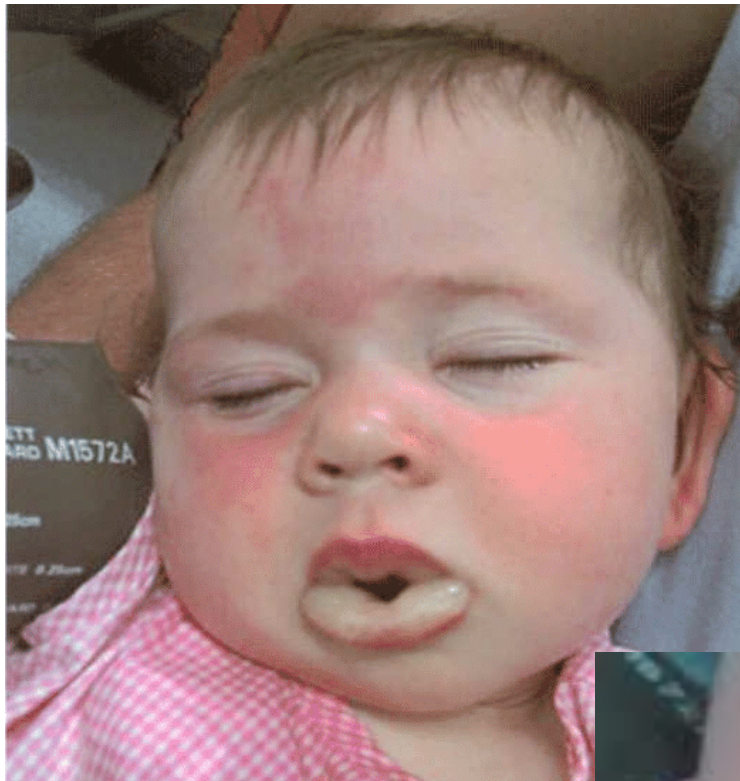
VI

How can it develop



How do you know it's severe?

- Airway
- Hoarse Cry
- Cough
- Wheeze
- Circulation
- Butterflies
- Pale
- Dizzy
- "Impending doom"



Substances or products causing allergies or intolerances

(Annex II of regulation (eU) no 1169/2011)

- Milk
- Egg
- Gluten
- Soy
- Peanut
- Lupin
- Tree nut
- Sesame seed
- Crustaceans
- Fish
- Molluscs
- Celery
- Mustard
- Sulphur dioxide

Managing risk

Practical reality

- You already have policies and procedures in place to help minimise risk e.g.
 - Handwashing
 - Spillages
 - Healthy eating
 - Storage and administration of Medicines

Managing risk

Practical reality

- Food “Ban”
 - needs to be policed/enforced
 - might make for more complacency?
 - Where do you draw the line-Nut? Milk? Wheat?

Would a “no food sharing” policy be more practical (including an individual place mat, coloured plate and spoon etc)?

Managing risk

PRE- MEAL HAZARD CHECK LIST **YOU MUST COMPLETE THIS EACH TIME YOU SERVE ANY FOOD*

Meal	Time	Have you read Special Diet/Allergies/ Medical Conditions in "Day Folder" for this room before completing this form?	Name of child/children with Special dietary /Allergic or Medical Condition present in the room for this meal? (write full name of child)	Have you checked each child's food is correct with their Special diet/Allergies or Medical Condition? (please tick yes when done)	Have you taken steps to ensure the child does not eat other food during the meal? (please tick yes when done)	*Please Print your name after each section!
Breakfast		1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/> 4. Yes <input type="checkbox"/> 5. Yes <input type="checkbox"/>	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/> 4. Yes <input type="checkbox"/> 5. Yes <input type="checkbox"/>	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/> 4. Yes <input type="checkbox"/> 5. Yes <input type="checkbox"/>	
AM Snack		1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/>	1. _____ 2. _____ 3. _____	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/>	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/>	
Dinner		1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/>	1. _____ 2. _____ 3. _____	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/>	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/>	
PM Snack		1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/>	1. _____ 2. _____ 3. _____	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/>	1. Yes <input type="checkbox"/> 2. Yes <input type="checkbox"/> 3. Yes <input type="checkbox"/>	

Managing Risk

Developing a policy

Role of the parent:

1. Inform school of diagnosis and any update.
2. Provide and update an allergy management plan
3. Provide and ensure in date relevant medication.
4. Instruct on the indications for and use of medication.



Role of EC:

1. Manager is responsible for policy and planning for children with allergy.
2. Seek allergy training for staff.
3. There should be a mechanism by which temporary or new staff can identify the allergic child.
- 5 Identify food and non food allergens and high risk scenarios
6. Have a child specific written allergy management plan.
7. Ensure that emergency and relieving medication is stored appropriately and always available.
8. Ensure prevention and treatment continues on school trips/holidays.
9. Aim to maintain healthy indoor and outdoor air quality.

Managing Risk

Adapt for your environment. Date it. Review it.

SAMPLE FOOD SENSITIVITY POLICY for CHILDREN WITH FOOD ALLERGY & INTOLERANCE

Statement of Intent

XXXX provides a supportive environment that is inclusive and favourable to children who have food sensitivities.

XXXX are compliant with Food Information for Consumers (FIC) Regulation (EU) No 1169/2011 and S.I. No. 489 of 2014 in which we control allergens in the foods we provide. Since December 13th 2014 we provide information to parents on the allergen status of the main meal dishes we offer.

Procedure for parents who will

On application for admission inform staff of their child's food sensitivity and provide relevant information in the relevant section of the application form.

Be responsible at all times for informing staff of any change in their child's food sensitivity and health needs.

Provide confirmation in writing of the food sensitivity by a qualified health care professional in order that XXXX can undertake a risk assessment specific to the needs of the food sensitive child.

Attend and meet with staff to develop a written management plan to meet their child's specific needs.

Provide any medication that is indicated and be responsible for ensuring it is in date.

With staff, review their child's plan at least once a year.

Maintain open communication with staff.

Procedure for staff who will

Maintain open communication with parents

Undertake a risk assessment specific to the needs of the food sensitive child in conjunction with parents.

Comply with legislative requirements in declaring food allergens in the food we provide.

Store and serve food in compliance with existing food and nutrition policy.

Ensure that staff are fully informed about food sensitivity, allergy triggers and the associated risks.

Minimize risk of exposure to food allergens by:

- reinforcing hand washing before and after eating, ensure that spillages are swiftly dealt with and that all surfaces and floors are checked and cleared of food waste in accordance with existing hygiene policy.

- reviewing group activities, supplies and materials to ensure they are allergen free for example home made "play dough", cooking and baking ingredients, nature tables, bird feed, skin cream.

- discouraging all children from sharing or trading food.

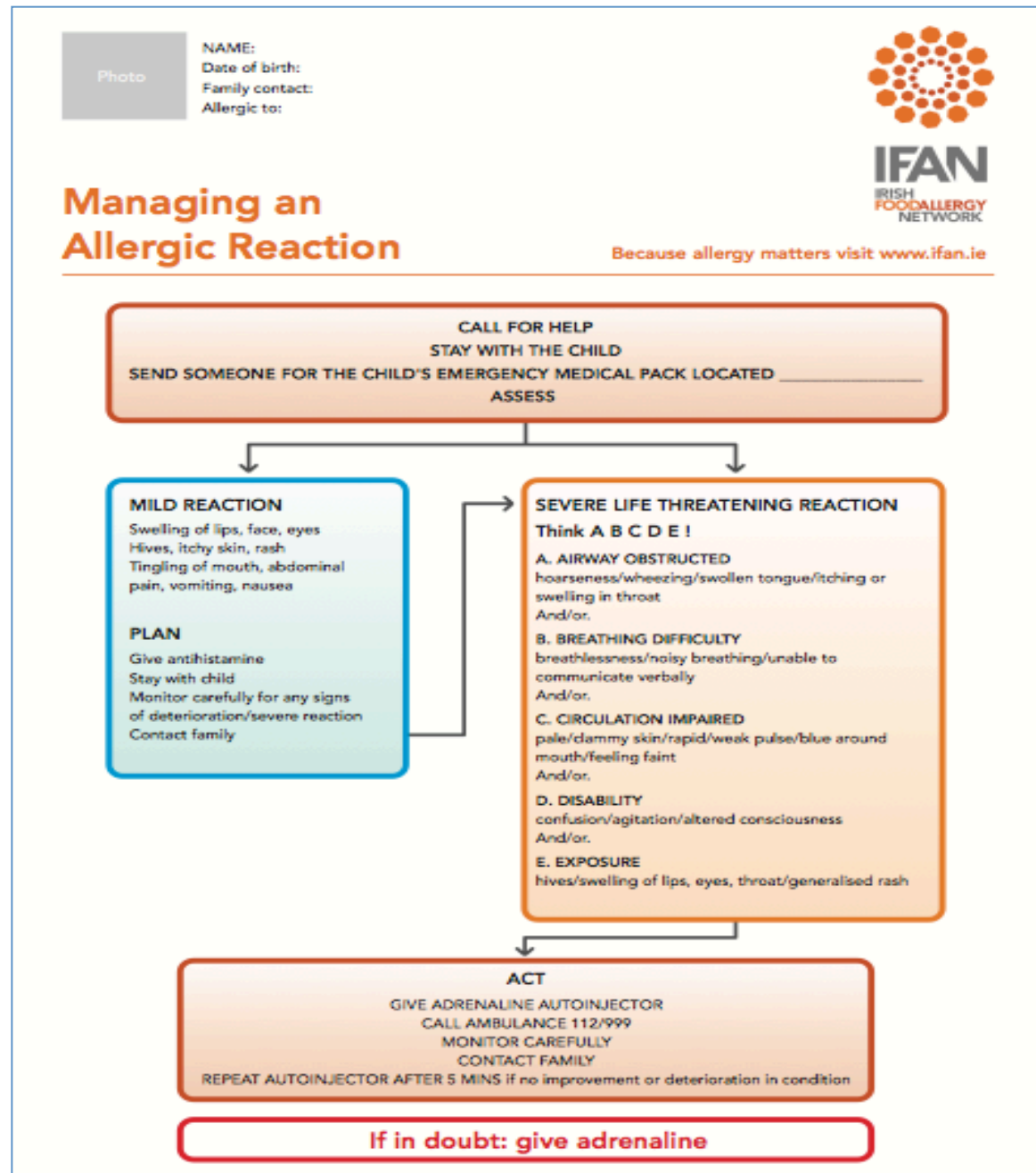
- providing children with their own individual place mat for meal times.

- completing a pre meal check before all eating episodes.

Store and administer medication in accordance with existing medication policy.

Managing risk

Visit ifan.ie to print more of these plans



Managing risk

High risk scenarios



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Managing risk




ifan.ie/medication-for-food-allergy/ — Medication for food allergy

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Medication for food allergy

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Allergy training resources

Parent



SafeFood Allergens

- ✓ Home
- ✓ Food Types
- ✓ Reactions
- ✓ Symptoms
- ✓ Dealing With
- ✓ Case Studies
- ✓ Advice For Caterers
- ✓ Definitions
- ✓ Further Resources
- ✓ Quiz

All About Allergies

A food sensitivity information resource



Resources

Allergy

POSITION PAPER

The management of the allergic child at school: EAACI/ GA²LEN Task Force on the allergic child at school

A. Muraro¹, A. Clark², K. Beyer³, L. M. Borrego⁴, M. Borres⁵, K. C. Lødrup Carlsen⁶, P. Carrer⁷, A. Mazon⁸, F. Rancè⁹, E. Valovirta¹⁰, M. Wickman¹¹ & M. Zanchetti¹²

http://www.eaaci.org/images/files/Pdf_MsWord/2010/Position_Papers/the_management_of_the_allergic_child_at_school.pdf