

Practice Drills

for Medical Emergencies: Anaphylaxis



**Drill #1:
In the classroom**

**Drill #2:
Out in the
school yard**

**Drill #3:
New to the
school**

**Drill #4:
Tornado**

**Drill #5:
Wheezing**

Instructions

This booklet contains drills to help you prepare for an anaphylactic emergency at your school or child care center.

If the scenarios in these drills happened in your school today...
Would you know how to respond *quickly* and *effectively*? Work with your colleagues through each drill and its questions to figure out *who does what, where, when and how.*

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Drill #1

Scenario:

In the classroom...

An anaphylactic event happens in the classroom. There is 1 (one) EpiPen in the room. You can't get it to work (it's stuck, possibly because it was accidentally left outside in freezing temperatures after recess).



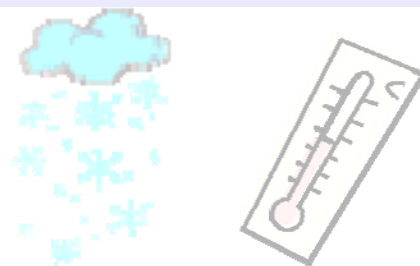
Questions:

- Where can you find another EpiPen® for this child?
- If you don't know where, how do you find out (quickly)?



What you should learn from this drill:

- ✓ Sometimes, a second or third EpiPen is needed. Your staff should know **the location(s)** of other EpiPens for all allergic children in your school.
- ✓ EpiPens can fail to work if left in freezing temperatures. If EpiPens need to be carried outside for long periods of time in the winter, they should be kept in an insulated bag or carrying case. Manufacturer specifies: it must be protected from light, kept at room temperature, excursions permitted to 15°C-30°C (59°F-86°F).



Drill #2

Scenario:

Out in the school yard...

You are out in the school yard, and a child experiences an anaphylactic reaction.



Questions:

- Where do you find the child's EpiPen®? (Is this different for each allergic child in the school?)
- Who is responsible for getting it?
- Who is responsible for injecting it in the child?
- Who is responsible for calling 911.
- Aside from EpiPen®, what are the other medicines you could need?
- If it is located in the main office, who is responsible for getting the other medicines from there?



What you should learn from this drill:

- ✓ Know the closest location of a child's EpiPens® from the playground (Medicine kit carried by staff? Fanny pack worn by the child? Classroom? Main office?).
- ✓ If multiple staff members are outside during recess, be prepared to delegate tasks like:
 - ✓ Getting EpiPens® and other medicine (back up EpiPen, Benardryl, asthma medication). Know where to direct a person to get them.
 - ✓ Calling 911
- ✓ If not all staff members are trained to use an EpiPen®, you should know who is.
- ✓ If you don't carry a cell phone, know how to get in contact with the main office to call 911.



Drill #3

Scenario:

New to the school...

You are a new teacher at the school this year. A child is having an anaphylactic reaction. A colleague has just administered an EpiPen® to the child. Your colleague asks you to call 911 and stay with the child as he runs to the office to get more medication for the child (another EpiPen® just in case, Benadryl, and asthma inhaler).



Questions:

- Do you dial 911 or do you dial a number first to get an outside line?
- What should you say to the dispatcher?
- Do you know the school's address?



What you should learn from this drill:

- ✓ What numbers to dial in order to call 911
- ✓ You should tell the dispatcher that a child is having an anaphylactic reaction. They need to know this in order to send an ambulance equipped to deal with this kind of an emergency (ambulance with advanced life support). Not all ambulances in all counties carry the medicine (epinephrine) necessary to stop an anaphylactic reaction.
- ✓ Practice reciting or memorizing the schools address.
- ✓ Attach reminder cards on the telephone if necessary.

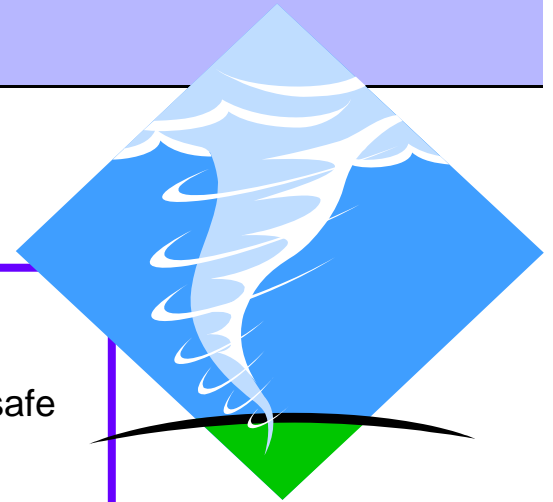


Drill #4:

Scenario:

Tornado...

You are instructed to take your class to a tornado safe room in the school because of a weather warning (strong thunderstorms and tornado warning).



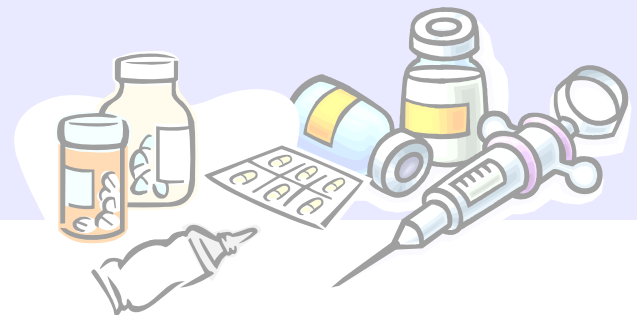
Questions:

- If the child's medicine kit is not in the classroom, where is it located?
- Who is responsible for getting it and bringing it to the tornado safe room?
- Which other medicines should you bring?



What you should learn from this drill:

- ✓ Know where to locate EpiPens and other medicine to take to the tornado safe room.
- ✓ Know which medicines to get.
- ✓ Delegate someone to retrieve the medicines.

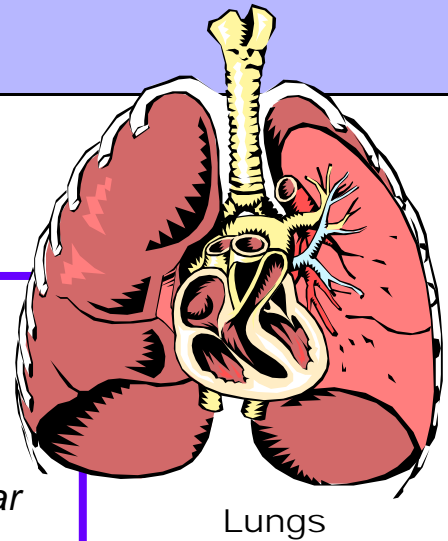


Drill #5:

Scenario:

Wheezing...

A child in your care seems to be having an allergic reaction. The parents have instructed you (and have written in their Food Allergy Action Plan) that *if you hear wheezing along with any other allergic symptoms*, that you should give the EpiPen®



Questions:

- Do you know what wheezing sounds like?
- What other signs tell you that a child is having trouble with her breathing?

What you should learn from this drill:

✓ Become familiarized with signs of breathing difficulty such as:

- Difficulty talking
- Coughing
- Wheezing (you can ask your school nurse what this sounds like; also colleagues with experience with asthma may be able to describe it)
- Fast breathing
- Heaving of shoulders, chest or abdomen (sometimes this is what people call “labored breathing”)

