



**Vaughan Primary School**  
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**Headteacher**  
Mrs Karen Jones

## Individual Healthcare Plan

### Severe Allergy

<b>Name Of Pupil</b>	<b>Date Of Birth</b>
Name and Contact Details of Parent/Guardian	

<b>GP Name:</b>
Surgery Address:
Surgery Phone No:

<b>Specialist Nurse/Doctor</b>
Name:
Hospital:
Phone No:

**I have discussed this care plan with a health representative from the school and am satisfied that it reflects my/my child's health care needs in school.**

Signature of Parent/Guardian

Date

Print Name

Pupil's Name \_\_\_\_\_

**DIAGNOSIS: Severe Allergy**

**What Triggers My Allergy?**

  
  

**What Are My Usual Symptoms?**

**Health Care Needs In School**

If symptoms are mild to moderate:

Administer oral antihistamine medication	Yes	No
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If symptoms are severe, refer to emergency procedure.

*(Other healthcare needs can be added)*

**Medication**

Name of prescribed oral antihistamine medication:

Name of prescribed emergency medication:

Carries own emergency medication	Yes	No
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Location of medication:

# VAUGHAN PRIMARY SCHOOL

Health Care Plan Completed By:

Designation:

Date:

## Treatment For Severe Allergic Reactions

REMEMBER: Never leave someone with severe allergic symptoms.

### Mild To Moderate Symptoms

Swollen lips, face or eyes  
Itchy or tingling mouth

Hives or itchy skin rash  
Abdominal pain, vomiting



#### **Action**

- Sit child down
- Give antihistamine medication
- Reassure them

Return to class when feeling well again and notify parent.

### Worsening Symptoms

Difficulty or noisy breathing  
Swelling of tongue/tightness of throat  
Difficulty talking/hoarse voice  
Pale and floppy (young children)



#### **Action**

- Lay or sit child on floor with knees raised (don't move them to another area)
- Give adrenaline auto-injector
- Call "999" for an ambulance      Note: Tell them it is an "**anaphylaxis emergency**".
- If no improvement in 5-10 minutes give a second adrenaline auto-injector.
- Contact parent

#### **Additional Treatment**

May be given asthma reliever inhaler, through a spacer, to help relieve breathing difficulties.