

Discharge Checklist following presentation with Anaphylaxis

This guideline is intended for use at Starship Children's Hospital

- If this is the child's first episode of anaphylaxis, then follow all of the steps in this checklist.
- If the child has previously had anaphylaxis then use your clinical judgement as to the information they may require. As a minimum they must have an up-to-date Action Plan and their Immunologist/Paediatrician must be sent a copy of the discharge summary.

Checklist

- ☐ Complete an **Action Plan for Anaphylaxis** (go to <https://allergy.org.au/hp/anaphylaxis/> to download a plan)
 - a. Fill out all relevant sections (Name, DOB, Allergens, Medication prescribed etc.)
 - b. Discuss the action plan with the child and family
 - c. Print three copies for the family (e.g. for school/daycare, other parent/caregiver, spare)
 - d. Place a copy of the Action Plan in the child's notes for 3M
- ☐ **Demonstrate EpiPen® use** (adrenaline auto-injector) utilising an EpiPen® trainer pen. These are available in the CED resource box, or may be available on the ward or outpatient department. Please contact the Immunology Nurse Specialist if you require more. Families can arrange their own trainer pens via the EpiClub® website (see link below).
- ☐ Provide information on **how to obtain an EpiPen®**. This is available under 'Information for families'.
If cost is an issue for the family and you are worried about their ability to source an EpiPen® you can complete an Epi-Assist form (available under 'Forms' in the Starship Anaphylaxis Guideline). You need to provide the hospital's address on the Epi-Assist forms and families need to collect the EpiPen from CED or Starship Outpatients. Please contact the Immunology Nurse Specialist on 021 489 239 if you need assistance with this.
- ☐ Provide a **prescription** for anti-histamine and salbutamol (if required) as per the child's Action Plan
- ☐ Provide the family with additional **Anaphylaxis Information Sheets** as required. These can be accessed from the Starship Anaphylaxis Guideline under 'Information for families' and are available in different languages.
- ☐ Complete a **referral to the Starship Immunology/Allergy service or the paediatric service at the patient's domicile DHB**
- ☐ If the child attends early childhood or school, *you may choose* to **complete a Community Nurse referral** for the Public Health Nurse/Community Nurse to complete teaching at these facilities. Please note that not all community teams provide this service.
- ☐ Provide the family with **additional links to other helpful patient resources**:
 - Allergy NZ <http://www.allergy.org.nz/A-Z+Allergies/Anaphylaxis.html>
 - Patient information on Allergies/Anaphylaxis <https://www.allergy.org.au/patients/information>
 - A resource for school aged teens living with severe allergy <https://teen.250k.org.au>
 - EpiClub® www.epiclub.co.nz