Competencies for the care of a patient having a food challenge – nursing and medical

Name ____________________________
Designation ____________________________
Area of work ____________________________
Date ____________________________

COMPETENCY STATEMENT
The aim of these competencies is to provide safe and effective care for children undergoing a food challenge. This must be signed off by designated senior nurse or doctor supervising food challenges.

STANDARD
- New Zealand Competencies for Care of the Patient Undergoing a Food Challenge
- Policy/Guidelines:
  - Starship Protocol for undergoing a food challenge
  - Australasian Society of Clinical Immunology and Allergy Food Challenge Protocols

PERFORMANCE OUTCOMES
- Ability to supervise/observe a paediatric patient undergoing a food challenge safely including knowledge of necessary interventions

COMPETENCE CRITERIA

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1. Food allergy
   a. Understand and describe food allergy
   b. Understand indications for food challenge
   c. State 4 contraindications for proceeding with food challenge on the day

Supporting resources
- ASCIA What is food allergy
- ASCIA Facts about food allergy
- ASCIA Food Allergy e-training for dietitians and health professionals
- Indications for a food challenge IgE-mediated food allergy, diagnosis and management in New Zealand children and Starship Clinical Guidelines/Food Challenges

2. Food allergic reactions
   a. Understand the pathophysiology of food allergic reactions
   b. Understand and describe food allergic reaction signs and symptoms
   c. Differentiate between subjective and objective symptoms

Supporting resources
- ASCIA What is food allergy
- Sampson, H.A., et al. (2012). Standardizing double-blind, placebo-controlled oral food challenges, American Academy of Allergy, Asthma & Immunology-European Academy of Allergy and Clinical Immunology PRACTALL consensus report, *Journal of Allergy and Clinical Immunology*. 130(6), 1260-74
- ASCIA/Action plans for anaphylaxis and allergic reactions
### 3. Treatment of food allergic reactions

- **a.** Understand and describe the use of antihistamine drugs
- **b.** Describe anaphylaxis management
- **c.** Demonstrate access of local policy for anaphylaxis management
- **d.** State adrenaline doses, route of administration and side effects
- **e.** State other drugs and equipment that may be used in anaphylaxis
- **f.** Complete on line course ASCIA Anaphylaxis e-training for health professionals
- **g.** Demonstrate how to complete ASCIA/Action plans for anaphylaxis and allergic reactions
- **h.** Has current Basic Life Support certificate

#### Supporting resources:
- ASCIA/Action plans for anaphylaxis and allergic reactions
- Starship Clinical Guidelines/Anaphylaxis
- ASCIA Anaphylaxis e-training for health professionals

### 4. Food challenge protocol

- **a.** Understand local processes for challenge preparation
  - i. Referral criteria
  - ii. Triaging
  - iii. Booking
  - iv. 24 hour pre challenge phone assessment
- **b.** Understand requirements for challenge on the day
  - i. The importance of the history and physical examination
  - ii. Importance of informed consent and local policy for this
  - iii. The importance of correct medications/doses being prescribed prior to challenge
  - iv. Local policy to ensure appropriate foods and equipment are available
  - v. Explain standardisation of dose amounts, increments and timing
  - vi. Demonstrate constant supervision, observations and recordings as per Food/Drug Challenge Protocol
  - vii. Understand and describe how to manage food challenge reactions and indications for stopping challenges
  - viii. Demonstrate food challenge record completion

#### Supporting resources:
- Starship Clinical Guidelines/Food Challenges
- Local informed consent policy

### 5. End of challenge care

- **a.** Demonstrate how to educate the family on home continuation or avoidance depending on the outcome of the challenge as per protocol
- **b.** Complete all documentation as per Food/Drug Challenge Protocol
- **c.** Update action plan
- **d.** Demonstrate correct technique of the use of adrenaline autoinjector (AAI) use
- **e.** Rationale for 24 hour Post-challenge phone assessment

#### Supporting resources:
- ASCIA/Action plans for anaphylaxis and allergic reactions
- ASCIA Anaphylaxis e-training for health professionals
- ASCIA How to give an EpiPen
- ASCIA How to give an EpiPen in English and other languages
- ASCIA How to give and EpiPen translations for New Zealand
Other references and resources
Sampson, H.A., et al. (2012). Standardizing double-blind, placebo-controlled oral food challenges, American Academy of Allergy, Asthma & Immunology-European Academy of Allergy and Clinical Immunology PRACTALL consensus report, *Journal of Allergy and Clinical Immunology*. 130(6), 1260-74. (NB: reference for ‘stop criteria’ included in this document)


Allergy New Zealand. URL: [http://www.allergy.org.nz](http://www.allergy.org.nz)

Australasian Society for Clinical Immunology Allergy (ASCIA) URL: [http://www.allergy.org.au](http://www.allergy.org.au)