

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	ACHIEVED Sign/date
1. Food allergy <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> • ASCIA What is food allergy • Nowak-Wegrzyn, A., et al. (2009). Work group report: Oral food challenge testing. <i>Journal Allergy Clinical Immunology</i>.123:S365-83 • 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, <i>Journal of Allergy and Clinical Immunology</i>.130(6), 1260-74 • Zijlstra, W.T., et al.(2010). Parental anxiety before and after foodchallenges in children with suspected peanut and hazelnut allergy <i>Pediatric Allergy and Immunology</i>. 21, 439–445 (view page 444) • ASCIA/Action plans for anaphylaxis and allergic reactions 	

<p>3. Treatment of food allergic reactions</p> <ol style="list-style-type: none"> 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 	
<p>Supporting resources:</p> <p>ASCIA/Action plans for anaphylaxis and allergic reactions</p> <p>Starship Clinical Guidelines/Anaphylaxis</p> <p>ASCIA Anaphylaxis e-training for health professionals</p>	
<p>4 Food challenge protocol</p> <ol style="list-style-type: none"> a. Understand local processes for challenge preparation <ol style="list-style-type: none"> i. Referral criteria ii. Triaging iii. Booking iv. 24 hour pre challenge phone assessment b. Understand requirements for challenge on the day <ol style="list-style-type: none"> 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 	
<p>Supporting resources:</p> <ul style="list-style-type: none"> • Nowak-Wegrzyn, A., et al. (2009). Work group report: Oral food challenge testing. <i>Journal Allergy Clinical Immunology</i>.123:S365-83 • Starship Clinical Guidelines/Food Challenges • Local informed consent policy 	
<p>5 End of challenge care</p> <ol style="list-style-type: none"> 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 	
<ul style="list-style-type: none"> • 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)

Sinclair, J., et al. (2013). IgE-mediated food allergy—diagnosis and management in New Zealand children, *The New Zealand Medical Journal*.126 (1380).pp1-11.

<https://www.starship.org.nz/media/213415/allergy - nzmj 2013 food allergy.pdf>

Zijlstra, W.T., Flinterman, A.E., Soeters L, Knulst, A.C., Sinnema, G., L_Hoir,M.P., Pasmans, S.G.(2010). Parental anxiety before and after foodchallenges in children with suspected peanut and hazelnut allergy *Pediatric Allergy and Immunology*. 21, 439–445

Allergy New Zealand. URL: <http://www.allergy.org.nz>

Australasian Society for Clinical Immunology Allergy (ASCI) URL:<http://www.allergy.org.au>