



## Medical Conditions Policy (CHS 11)

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### Policy Rationale

Cooks Hill Preschool will facilitate the effective care, health management and management of emergencies in children who have diabetes, asthma, allergies and children who are at risk of anaphylaxis.

- **Food allergies** in children are common, and can be caused by peanuts, tree nuts, milk and other dairy products, fish and shellfish, eggs, wheat, soy/seeds and some fruits.
- Other substances which can cause a severe **allergic reaction** include drugs/medicine, plants, bees and other stinging insects.
- The most severe form of allergic reaction to any substance is **anaphylaxis**, and effective management requires adrenaline.
- **Asthma** can be triggered in many different ways, such as weather conditions, exercise, dust mites, pollens, food additives and colds.
- Every day, two or more Australian children develop Type 1 **Diabetes**. This is a condition of the endocrine system. All children at the service who are known to have asthma are supported via Asthma Friendly policies and procedures and all children, staff and visitors can access Asthma First Aid in an emergency.

### Strategies, Practices and Procedures

#### Allergies and Anaphylaxis

To facilitate effective care and management of anaphylaxis or other emergencies in a child with food allergies or susceptibility to anaphylaxis, the Preschool will;

- Ensure that families provide information on their child's health history, medication, allergies, emergency contact details and an Anaphylaxis First Aid Plan or Emergency Medical Plan from their doctor.
- If a child has been diagnosed with anaphylaxis, this will be noted on the "Prescribed Information" form.
- Ensure all staff are aware of children that have allergies, and the triggers for these allergies.
- Ensure the education of all staff responsible for the care and management of children with

food allergies. The Nominated and Certified supervisors will have current Anaphylaxis training.

- Ensure regulations and guidelines are adhered to when administering medication and emergency treatment (as outlined in the Medication Policy).
- Ensure the Action Plan for Anaphylaxis is clearly displayed and that all staff have read the plan and have been instructed in the use of the EpiPen.
- In any case where a child is having a severe allergic reaction or any signs/symptoms of anaphylaxis, the staff should immediately;
  - Administer First Aid or medical treatment with reference to the Action Plan.
  - Dial 000 for an ambulance
  - Notify the child's family.

### **Asthma**

- Asthma causes a narrowing of the airways through tightening of the muscles, and swelling of the airways leading to excess mucous production
- Main symptoms of asthma include wheezing, coughing (dry or moist), shortness of breath, or tightness of chest. Children may present with some or all symptoms.
- An asthma attack can be life threatening.
- Nominated and Certified Supervisors will hold current Asthma Training, with the majority of staff also holding their Asthma training.
- All children diagnosed with Asthma must provide an Individual Medical Management Plan for asthma which has been written by their doctor. This will be followed by Preschool staff if treatment is required. Families must provide their child's medication, clearly dated and in the original labelled container. A spacer, and mask as required, should also be supplied. Families should alert staff to any changes in their child's asthma management.
- A risk minimisation plan should be completed in collaboration with the child's family, to identify and minimise their individual asthma triggers.
- All children diagnosed with asthma are to provide reliever medication, at all times they are attending this Preschool. This will be stored in the Preschool's asthma first aid kit.
- The Preschool will keep an emergency asthma kit on the premises. This is accessible to staff and includes in-date reliever medication, single person use spacers with masks for under 5 year olds. Single use contents will be replaced after use.
- Asthma First Aid posters are on display and information is available for staff and parents.
- Staff are to document any asthma attack and advise families as a matter of priority.
- Induct new staff in Asthma policies and procedures.

### **Diabetes**

- The Preschool will work in conjunction with the child, their family and the child's doctor to follow an individual Medical plan.
- All staff are to read through our diabetes information pack from the Australian Diabetes Council.
- First Aid procedures will be followed in the event of a suspected diabetic attack.

### Links to Legislation & National Quality Standards

- Education and Care Services National Regulations 2011:89, 90, 91, 92-96, 168, 181-184.
- Education and Care Services National Law Act (2010), Section 162, 172, 173.
- Guide to the National Quality Standard ACECQA (2011): 2.1.1, 2.1.4, 2.3.2

### References

- Australasian Society of Clinical Immunology and Allergy (ASCIA), <http://www.allergy.org.au>
- Anaphylaxis Australia (AAI) <http://www.allergyfacts.org.au>
- *Diabetes*. Better Health Channel. State Government of Victoria 2013. [www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Diabetes\\_Type\\_1\\_or\\_juvenile\\_diabetes](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Diabetes_Type_1_or_juvenile_diabetes)
- Australian Diabetes Council, 2011

### Links to other Policies

- Medication Policy (CHS 9)
- First Aid Policy (CHS 14)
- Enrolment & Orientation Policy (CPFC 3)

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