

**Regulation**

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AUTO-INJECTOR MECHANISM FOR ANAPHYLAXIS

Some pupils attending schools in New Jersey suffer from a severe life-threatening allergic reaction called anaphylaxis.

P.L. 1997, c.368 (N.J.S.A. 18A:40-12.5 and 12.6) was adopted because a school nurse may not be immediately available to assess the severity of an allergic reaction and to administer epinephrine for pupils who cannot administer the medication themselves. This law requires each board of education or chief school administrator of a nonpublic school to develop policy governing the emergency administration of epinephrine via an auto-injector to a pupil for anaphylaxis. The law permits the school nurse to designate, in consultation with the board of education, or the chief school administrator (CSA) of a nonpublic school, another employee of the school district or nonpublic school to administer epinephrine via auto-injector to a pupil for anaphylaxis.

Role of the Parent/Guardian

- A. The parent or guardian of the pupil must provide to the board of education:
  - 1. Written authorization for the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine;
  - 2. Written orders from a physician that the pupil requires the administration of epinephrine for anaphylaxis and may not have the capability for self-administration of the medication;
  - 3. A signed statement acknowledging their understanding that if the procedures specified in the N.J.S.A. 18A:40-12.5 are followed, the Stillwater School District shall have no liability as a result of any injury arising from the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to the pupil and that the parents or guardians shall indemnify and hold harmless the Stillwater School District and its employees against any claims arising out of the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to the pupil; and
  - 4. A current pre-filled, single dose auto-injector mechanism containing epinephrine.
  
- B. When the school nurse has designated, in consultation with the CSA, another employee of the Stillwater Township School District to administer epinephrine via a pre-filled, single dose auto-injector mechanism, the parent or guardian must also provide, in addition to the above:
  - 1. Consent in writing to the administration of epinephrine by the designated individual;
  - 2. A signed statement acknowledging their understanding that if the procedures specified in the "Protocol and Implementation Plan for the Emergency Administration of Epinephrine by a Delegate Trained by the School Nurse" are followed, the Stillwater School District shall have no liability as a result of any injury arising from the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to the pupil and that the parents or guardians shall indemnify and hold harmless the Stillwater School District and its employees or agents against any claims arising out of the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine.

Role of the Stillwater Township Board of Education

- A. The Stillwater Township Board of Education will:
  - 1. Inform the parent or guardian of the pupil in writing that if the procedures specified in the N.J.S.A. 18A:40-12.5 are followed, the Stillwater School District and its employees or agents shall have no liability as a result of any injury arising from the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to the pupil;

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2. Inform the parent or guardian that permission is effective for the school year for which it is granted and must be renewed for each subsequent school year upon fulfillment of the requirements stated in the N.J.S.A. 18A:40-125; and
  3. Inform the parent or guardian that it is their responsibility to provide a current prefilled, single dose auto-injector mechanism containing epinephrine.
- B. When the school nurse has designated, in consultation with the CSA, another employee of the Stillwater School District to administer epinephrine via a pre-filled, single dose auto-injector mechanism, the Stillwater Board of Education will, in addition to the above:
1. Provide to the parent or guardian of the pupil a statement in which the parents or guardians acknowledge their understanding that if the procedures specified in the "Protocol and Implementation Plan for the Emergency Administration of Epinephrine by a Delegate Trained by the School Nurse" are followed, the Stillwater School District shall have no liability as a result of any injury arising from the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to the pupil and that the parents or guardians shall indemnify and hold harmless the Stillwater School District and its employees or agents against any claims arising out of the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to the pupil;
  2. Request that the parent or guardian sign a statement acknowledging 'A' above;
  3. Inform the parent or guardian that permission is effective for the school year for which it is granted and must be renewed for each subsequent year upon fulfillment of the requirements stated in the N.J.S.A. 18A:40-12.6; and
  4. Assume responsibility to determine that the designated person has been properly trained by the school nurse using the "Protocol and Implementation Plan for the Emergency Administration of Epinephrine by a Delegate Trained by the School Nurse" established by the Department of Education in consultation with the Department of Health and Senior Services.

The Role of the School Nurse

- A. The policy for administration of medication to a pupil shall provide that the school nurse shall have the primary responsibility for the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine. The school nurse may delegate, in consultation with the CSA, another employee of the Stillwater School District to administer epinephrine via a prefilled, single dose auto-injector mechanism containing epinephrine to a pupil for anaphylaxis when the school nurse is not physically present at the scene, provided that:
1. The pupil does not have the capability for self-administration;
  2. The licensed school nurse determines and is accountable for the appropriateness of delegated nursing tasks. Inappropriate delegation by the nurse and/or unauthorized performance of nursing tasks by unlicensed personnel may lead to legal action against the nurse and/or unlicensed assistive personnel;
  3. The school nurse, using standardized training protocols established by the department of education in consultation with the department of health and senior services has properly trained the delegate in the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine.

The following summarized the steps necessary to establish a designee to administer epinephrine in an emergency situation:

1. The Stillwater Board of Education, in consultation with the school medical inspector, will develop and adopt a policy regarding the delegation of the administration of a pre-filled, single dose auto-injector mechanism of epinephrine according to P.L.1997, c. 368 (c), N.J.S.A. 18A:40-12.5 and 12.6;

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2. Prior to the delegation of the task, the school nurse validates the required physician's written orders, which states that the pupil requires the administration of epinephrine for anaphylaxis and does not have the capability for self-administration of the medication;
3. The school nurse develops an individualized health care plan and/or an individualized emergency care plan utilizing the nursing process for the specific pupil;
4. The school nurse, in consultation with the Stillwater Board of Education, establishes criteria for choosing an appropriate employee or agent following the appropriate delegatory process;
5. The school nurse trains the chosen delegate according to the "Protocol and Implementation Plan for the Emergency Administration of Epinephrine by a Delegate Trained by the School Nurse" developed by the Department of Education and the Department of Health and Senior Services;
6. The delegate is trained in the "one-client-one-task" principle, i.e., the task is not transferable to any other student, staff, or situation.

Emergency Administration of Epinephrine via Pre-Filled Auto-Injector Mechanism for Anaphylaxis

I, \_\_\_\_\_ the parent/guardian of

\_\_\_\_\_ have been instructed on N.J.S.A. 18A:40-12.5 and 12.6, by the Stillwater Board of Education. I understand and acknowledge that if the procedures specified in this document are followed, the Stillwater School District and its employees or agents shall have no liability as a result of any injury arising from the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to my child.

I have also been instructed on the "Protocol and Implementation Plan for the Emergency Administration of Epinephrine by a Delegate Trained by the School Nurse." I understand and acknowledge that if the procedures specified in this document are followed, the Stillwater School District shall have no liability as a result of any injury arising from the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to my child.

I shall indemnify and hold harmless the Stillwater School District and its employees or agents against any claims arising out of the administration of a pre-filled, single dose auto-injector mechanism containing epinephrine to my child.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Address

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Protocol and Implementation Plan for the Emergency Administration of  
Epinephrine by a Delegate Trained by the School Nurse

The following contains the information required for the school nurse to delegate the task of administration of epinephrine via a pre-filled, single dose auto-injector device to an unlicensed assistive personnel, and for ensuring that the pupil is immediately transported to a hospital emergency room after the administration of epinephrine, for complete medical evaluation and follow-up. The school nurse will teach all the required information to delegates individually in terms readily understood by a lay person.

What is Anaphylaxis?

Anaphylaxis is a rapid, severe allergic response that occurs when a person is exposed to an allergen, an allergy-causing substance, to which he or she has been previously sensitized. It is brought on when the allergen enters the blood stream, causing the release of chemicals throughout the body that try to protect it from the foreign substance. This response can be a life-threatening event.

Pathophysiology

The skin, respiratory, cardiovascular and gastro-intestinal systems are most commonly involved.

Common Signs and Symptoms

Signs and symptoms include hives or rash, swelling of face and/or extremities, tingling of lips and mouth, flushing of face or body, coughing, wheezing, dyspnea, nausea, vomiting, abdominal cramps, diarrhea, tachycardia, postural hypotension, and syncope.

Causes

Common triggers for anaphylaxis are stings of bees, wasps, hornets, yellow jackets, and fire ants; foods, including peanuts and other nuts, milk, eggs, shellfish, whitefish, as well as some food additives; medications, including certain antibiotics, anticonvulsants, muscle relaxants, aspirin, and non-steroidal anti-inflammatory agents; latex; and exposure to certain chemical agents, such as cedar chips, herbicides, and pesticides. Exercise, especially after eating, can also cause an anaphylactic reaction.

Planning for the Delegation of the Nursing Task

The New Jersey State Board of Nursing has reviewed N.J.S.A. 18A:40-12.8 and 12.6, which provides, in part that, "the school nurse may designate, in consultation with the board of education or chief school administrator or a nonpublic school, another employee of the school district or nonpublic school to administer epinephrine ..." The nursing board has adopted its own regulation addressing the delegation of nursing duties. That regulation (N.J.A.C. 13:37-6.2) provides, in pertinent part, as follows:

- A. "The registered professional nurse is responsible for the nature and quality of all nursing care including the assessment of the nursing needs, the plan of nursing care, the implementation, and the monitoring and evaluation of the plan. The registered professional nurse may delegate selected nursing tasks in the implementation of the nursing regimen to licensed practical nurses and ancillary personnel. Ancillary nursing personnel shall include, but is not limited to, aides, assistants, attendants, and technicians."
- B. "In delegating selected nursing tasks to licensed practical nurses or ancillary nursing personnel, the registered professional nurse shall be responsible for exercising that degree of judgment and knowledge reasonably expected to assure that a proper delegation has been made. A registered professional nurse may not delegate the performance of a nursing task to persons who have not been adequately prepared by verifiable training and education."

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- C. "A registered professional nurse shall not delegate the performance of a selected nursing task to ancillary personnel who have not received verifiable education and have not demonstrated the adequacy of their knowledge, delegated skill and competency to perform the task being delegated."

The school nurse should consult with the CSA and then carefully consider the delegation provisions of N.J.A.C. 13:37-6.2. A school administrator who designates or attempts to compel a nurse to designate a particular employee, in violation of the principles set forth in N.J.A.C. 13:37-6.2 and P.L. 1997 c.368, may be subject to charges of practicing nursing without a license.

After the school nurse has received written authorization and orders from the physician or advanced practice nurse that the pupil requires the administration of epinephrine, the school nurse will coordinate a meeting with the school administrator, the parent/guardian, and the pupil (if appropriate).

The school nurse, as coordinator of school health programs or services, will serve as the liaison among the family, the health provider and educators to assure that the healthcare needs of the pupil are addressed while attending school.

The school nurse will:

- A. Generate a nursing assessment of the child's health status;
- B. Obtain pertinent medical and psycho social information;
- C. Develop a healthcare plan for the pupil in collaboration with the family, pupil, and physician taking into consideration regulations covered in Section 504 of the Rehabilitation Act, 1973 and P.L. 1994, c.142;
- D. Ensure that a pupil-specific emergency plan, including the pupil's specific triggers, is well documented. This emergency plan should be developed in collaboration with school administration, the district medical officer, and the family;
- E. Attend the educational planning meeting, review the healthcare plan which includes the emergency plan and make recommendations for the delegate based on the pupil's healthcare needs;
- F. Coordinate the pupil's in-school healthcare as specified in the healthcare plan;
- G. Educate the school staff about anaphylaxis, its causes, signs, symptoms, and treatment;
- H. Ensure that the delegate in the school has received competency-based training in appropriate pupil-specific techniques and emergency management;
- I. Provide information for other personnel and pupils in the educational setting about the special medical needs of the pupil, when appropriate;
- J. Maintain appropriate documentation;
- K. Regularly review and update the healthcare plan based on the pupil's condition; and
- L. Regularly review and update training with the delegate at least once per year after the initial training and as appropriate to the needs of the pupil.

Choosing a Delegate

When selecting a potential delegate, the following should be considered:

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- A. The delegate must be willing to learn the procedure for treating anaphylaxis and be willing to assume the responsibility of providing the treatment.
- B. The potential delegate has a record of competency and good judgment and can be depended upon to report to the school nurse any changes in the pupil's condition;
- C. The delegate must secure a CPR Providers course completion card issued by a training center of the American Heart Association or a course completion card for adult, infant, and child CPR issued by the American Red Cross;
- D. The delegate must be available to assist the pupil in the environment where anaphylaxis is most likely to occur, i.e., cafeteria workers for a pupil with food allergies, playground aides for a pupil with bee sting allergies, and will successfully complete training; and
- E. The task shall be delegated to only one designee, for one specific task, for one pupil. This means that the designee cannot further delegate the task to someone else. This does not mean, however, that the same designee cannot receive individual training and delegation for more than one pupil.

Training the Delegate

The process of general and pupil-specific instruction for training the delegate by the school nurse includes, but is not limited to:

- A. Review of written procedures;
- B. Verbal directions;
- C. Demonstration of procedure;
- D. Return demonstration of procedure by the delegate;
- E. Directions for accessing the Emergency Medical System via 911;
- F. Adverse reactions and risks;
- G. Documentation of anaphylactic episode;
- H. Evaluation and documentation of the learning process;
- I. Ongoing supervision of the delegate;
- J. Evidence of training shall be documented on the appropriate form.

Review of the training should occur whenever there has been a change in the student's status or after an emergency has occurred, or at a minimum, annually. Training and review process shall be documented by the school nurse.

Assessment of a Possible Anaphylactic Reaction by the Delegate

The delegate shall be trained to:

- A. Assess the scene for safety;
- B. Maintain universal blood and body fluid precautions;

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- C. Maintain an open airway and assist ventilation as needed;
- D. Assess level of consciousness, check for airway, breathing and circulation (the ABC's of CPR), and vital signs, if possible;
- E. Obtain appropriate history relative to the allergic event; and
- F. Determine if patient is in Mild or Severe Distress;
  - 1. Mild distress: itching, isolated hives, nausea, no respiratory distress;
  - 2. Severe distress: stridor, bronchospasm, severe abdominal pain, respiratory distress, tachycardia, shock, observe for edema of lips, tongue, face, or generalized hives.

Treatment for Anaphylaxis

The following protocols are to be used as guidelines to complement specific written physician's orders. If the pupil presents in severe distress, as defined in VIII, the procedure is as follows:

- A. Be sure the medication is what is prescribed for the child;
- B. Check the color of the medication (if you can) and/or the expiration date. If the medication is discolored (yellow) or expired, do not use and call 9-1-1 immediately, if the call has not already been made;
- C. Carefully remove the safety cap from the pre-filled, single dose, auto-injector device;
- D. Place the pre-filled, single dose, auto-injector device against the lateral portion of the pupil's thigh, midway between the waist and the knee;
- E. Push the pre-filled, single dose, auto-injector device firmly against the thigh until the injector activates;
- F. Hold the pre-filled, single dose, auto-injector in place for at least 10 seconds or until the medication is injected. Massage the site for 10 seconds;
- G. Call 9-1-1, if the call hasn't already been made;
- H. Call the school nurse, or, if unavailable, the school administrator;
- I. Continue to monitor the ABC's. If respiratory or cardiac arrest occurs, begin rescue breathing or CPR;
- J. Record on the appropriate form the time, dose, medication, vital signs (if able), and any change in the pupil's condition after assisting with the epinephrine;
- K. Discard the injector in the appropriate manner.

Documentation

Documentation of the event is per the protocol and the individualized healthcare plan.

When the School Nurse and Delegate are Unavailable

If the pupil should suffer an anaphylactic reaction, and neither the school nurse, nor the delegate is available, the emergency medical system should be activated by dialing 9-1-1.

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