

ASCIA Action Plan for Anaphylaxis 2023 – What's New?

ASCIA has developed new 2023 versions of red **ASCIA Action Plans for Anaphylaxis**, to improve ease of use, which are available from June 2023 onwards. This is the first major formatting change in 20 years, since ASCIA Action Plans for Anaphylaxis were first introduced in 2003.

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www.allergy.org.au

ACTION PLAN FOR Anaphylaxis

Name: _____ Date of birth: DD / MM / YYYY
Confirmed allergen(s): _____

Family/emergency contact(s):
1. _____ Mobile: _____
2. _____ Mobile: _____

Plan prepared by: _____ (doctor or nurse practitioner) who authorises medications to be given, as consented by the parent/guardian, according to this plan.
Signed: _____ Date: DD / MM / YYYY
Antihistamine: _____ Dose: _____

This plan does not expire but review is recommended by: DD / MM / YYYY

How to give adrenaline (epinephrine) injectors

EpiPen®

- Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE
- Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)
- PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

EpiPen® is prescribed as follows:
EpiPen® jr (150 mg) for children 7.5-20kg
EpiPen® (300 mg) for children over 20kg and adults

Anapen®

- PULL OFF BLACK NEEDLE SHIELD
- PULL OFF GREY SAFETY CAP from red button
- PLACE NEEDLE END FIRMLY against outer mid-thigh at 90° angle (with or without clothing)
- PRESS RED BUTTON so it clicks and hold for 3 seconds REMOVE Anapen®

Anapen® is prescribed as follows:
Anapen® 150 Junior for children 7.5-20kg
Anapen® 300 for children over 20kg and adults
Anapen® 500 for children and adults over 50kg

If adrenaline is accidentally injected, phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.

© ASCIA 2023 This plan is a medical document that can only be completed and signed by the patient's doctor or nurse practitioner and cannot be altered without their permission.

Patient specific details are all completed in this top section

Signs and actions for mild to moderate allergic reactions are in two easy to follow lists

Signs and actions for anaphylaxis are unchanged

Wording about allergen exposure is included in the asthma section

Instructions for adrenaline injectors are colour coded and two brands are included in the general version of the plan

Device specific plans for Anapen® and EpiPen® include the changes listed above and a QR code that links to short animated videos with adrenaline injector instructions