

# Anaphylaxis Checklist: Transitioning from paediatric to adult care for young adults with severe allergies

This checklist has been developed to help you transition from paediatric to adult medical care. Understanding your allergies and learning how to look after your health independently makes this transition easier.

## It is important for you to ...

- Have a GP and clinical immunology/allergy specialist whom you see regularly.
- Begin to take more responsibility by attending appointments with your GP or clinical immunology/allergy specialist while your parents are in the waiting room for some of the time.
- Begin to take more responsibility by providing information to your GP and clinical immunology/allergy specialist and asking questions of them. You could take notes to remind you of what to ask.
- Ensure before you leave appointment that your GP or clinical immunology/allergy specialist has provided:
  - An adrenaline (epinephrine) autoinjector and completed ASCIA Action Plan for Anaphylaxis.
  - Education on how to use your adrenaline autoinjector using a trainer device.
  - An ASCIA Travel Plan (if required).
  - A referral for a clinical immunology/allergy specialist (as required).
  - Education on how to avoid known allergens.
  - Information on what to do should you have an allergic reaction, including anaphylaxis.
  - If you have asthma, advice on how to manage your asthma
- See your clinical immunology/allergy specialist to review your allergies every 2-3 years (or as requested by your specialist). This helps maintain good management of your allergies and keeps you informed of current treatments and medications that are available, to help you manage your allergies. It is also an opportunity for you to have your questions answered by an allergy expert.
- Discuss allergen immunotherapy (desensitisation) with your clinical immunology/allergy specialist if you have severe insect allergy, allergic rhinitis (hay fever) or asthma.
- Have your own Medicare card (Australia).
- Make an appointment to see your clinical immunology/allergy specialist after you had an allergic reaction to a previously confirmed or new allergen, even if you are not due for an appointment.

## Emergency treatment

- ALWAYS have your adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis with you.
- Know when and how to use your adrenaline autoinjector and be prepared to use it.
- Check the expiry date of your adrenaline autoinjector. You may wish to join a reminder service (e.g. EpiClub).
- Educate those around you, including friends, about your allergies and how to use your adrenaline autoinjector.

## More information

ASCIA: [www.allergy.org.au](http://www.allergy.org.au)

Allergy & Anaphylaxis Australia: [www.allergyfacts.org.au](http://www.allergyfacts.org.au)

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