

492C-006 Group Teaching Plan

Jodiane Ashpole, Bracha Golbert, Gretel Castillo-Gorvitis, Terrin Niles Joseph, Nydia Llangari,

Sara Levy, Tanjina Nowshin, Karen Outlaw

Long Island University

I. Outline of Topic to be Addressed

Our NUR 492 clinical is situated in the NYC Department of Education (DOE) and an important function of the school nurse is to provide health training to students and staff. To this end, this presentation focuses on anaphylaxis and EpiPen training. The prevalence of life threatening allergies is ubiquitous in the school population and therefore EpiPen training is vital in order to protect the health of affected students.

There are five key topics that must be addressed which include: (1) What is anaphylaxis? (2) What triggers anaphylaxis? (3) What are the signs and symptoms of anaphylaxis? (4) How is an EpiPen stored? (5) How do you administer an EpiPen?

II. Presentation Objectives

At the completion of the DOE anaphylaxis training, participants will achieve the following objectives:

- ☞ Understand what an anaphylactic reaction is.
- ☞ Identify common causes of anaphylaxis.
- ☞ Identify signs and symptoms of an anaphylactic reaction.
- ☞ Demonstrate the ability to administer an EpiPen.

III. Lesson Plan – Anaphylaxis and EpiPen Administration

- i. LECTURE (30 minutes). Utilize power point presentation and paper handouts.
 - ☞ Administer written pre-test
 - ☞ Introduction of topic
 - ☞ Presentation Objectives
 - ☞ Define & explain what an anaphylactic reaction is.
 - ☞ The most common triggers of an anaphylactic reaction.

- ☞ The signs & symptoms associated with anaphylactic reaction.
 - Emphasize that the reaction is a medical emergency!
 - ☞ Being prepared for anaphylaxis
 - Epinephrine
 - EpiPen
 - EpiPen Jr., auto injector
 - ☞ Anticipating a reaction after exposure to allergens
 - Administering the EpiPen
 - Post-administration instructions – what to do?
 - ☞ Raise awareness of expiration date on package
 - ☞ Review of precautionary measures
 - Warnings
 - Storage instructions
 - ☞ Administer written post-test in conjunction with power point.
 - ☞ Answer participants' questions
- ii. DEMONSTRATION & RETURN DEMONSTRATION (30 minutes). Utilize EpiPen trainer for role play demonstration and return demonstration. Participants should feel comfortable to ask questions at any time.
- ☞ Identify participants that have had past experience in dealing with anaphylaxis or the utilization of an EpiPen; have them share experience or, if none, give statistics from CDC for the percentage of people whose life can and will be saved by the use of an EpiPen.

- ☞ Sample role play scenario which includes a demonstration of how an EpiPen is administered.
- ☞ EpiPen training.
 - Distribute EpiPen trainers and brochures.
 - Demonstrate step by step how to administer EpiPen injection.
 - As a group have participants partake in self-administration of EpiPen following step by step instructions.
- ☞ EpiPen administration skill check off.
 - Nurse will observe each participant self-administer an EpiPen trainer and must complete the DOE EpiPen Skill Check List in order to complete training (Appendix E).
- ☞ Have participants complete written evaluation form.
- ☞ Final Questions?

IV. Flyer

Our presentation is called, “Save a Life! Anaphylaxis and EpiPen Training.” (Appendix A) The flyers were printed in color and hung up by the student nurse in the teacher’s lounge, main office, and the Medical Office two weeks before the training. The Nurse also sent the flyer and a memo to the Principle to inform her of the upcoming training.

V. Handouts

Participants were given an information handout about EpiPens and anaphylaxis found on the manufacturer website (Appendix B) as well as a copy of the power point presentation (Appendix C).

VI. Other Visuals

During the first half of the presentation a colorful and engaging power point was used to keep the interest of the audience and provide various modalities for learning (Appendix D). During the second half of the presentation a short role play portrayed a student suffering from an anaphylactic reaction and a school employee administering an EpiPen. Afterwards each participant practiced self-administration of an EpiPen using EpiPen trainers (Appendix E) before completing the Skill Check List (Appendix E).

VII. Pre and Post Exam

Participants are warned at the beginning of the presentation that there will be a short quiz before and after the presentation. In order to measure participant learning we developed a short quiz (Appendix F) which should be administered before and after the lecture portion of the presentation. By utilizing the same quiz we are able to compare participant's answers at the beginning of the presentation to the answers after the presentation. Improved scores when taking the quiz a second time would indicate effective learning. Unfortunately, due to DOE policies, we as students were not permitted to present this presentation and therefore we have no actual results to analyze.

For the return demonstration portion of the teaching session, the DOE approved Skill Check List must be completed before the participant is considered competent in EpiPen administration.

VIII. Presentation Evaluation

We created a simple evaluation form that can be handed out at the end of the presentation (Appendix G). This evaluation form measures participant satisfaction with the presentation and provides feedback regarding the presentation of the material from

the participant's perspective. Again, since we were unable to perform the teaching, we are unable to report any feedback.

Appendix A – Flyer

See next page.

Life-Threatening ALLERGIC REACTIONS

Could you save a life?

After eating, or being stung by a bee, a person who is known to have a potentially life-threatening allergy (an



Pale and floppy



Difficulty breathing

The greatest danger is ignorance!

"Save a life! Anaphylaxis and EpiPen Training"

Where: IS 340, Nurse's Office

When: Wednesday, October 23, 2013

Who: All teachers and staff are welcome!



Appendix B – Patient information Handout

PATIENT INFORMATION



EpiPen®
(epinephrine) Auto-Injector 0.3 mg
EpiPen® is one dose of 0.30 mg epinephrine (USP, 1.1000, 3.3 mg)



EpiPen JR®
(epinephrine) Auto-Injector 0.15 mg
EpiPen JR® is one dose of 0.15 mg epinephrine (USP, 1.2600, 3.3 mg)

For allergic emergencies (anaphylaxis)

Read this Patient Information Leaflet carefully before using the EpiPen® Auto-Injector or EpiPen JR® Auto-Injector (henceforth referred to as EpiPen or EpiPen JR Auto-Injector), and each time you get a refill. There may be new information. You should know how to use the EpiPen or EpiPen JR Auto-Injector before you have an allergic emergency.

This information does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about the EpiPen and EpiPen JR Auto-Injector?

1. EpiPen and EpiPen JR Auto-Injectors contain epinephrine, a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life threatening, can happen within minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or unknown causes. Symptoms of anaphylaxis may include:
 - trouble breathing
 - wheezing
 - hoarseness (changes in the way your voice sounds)
 - hives (raised reddened rash that may itch)
 - severe itching
 - swelling of your face, lips, mouth, or tongue
 - skin rash, redness, or swelling
 - fast heartbeat
 - weak pulse
 - feeling very anxious
 - confusion
 - stomach pain
 - losing control of urine or bowel movements (incontinence)
 - dizziness, fainting, or "passing out" (unconsciousness)
2. Always carry your EpiPen or EpiPen JR Auto-Injector with you because you may not know when anaphylaxis may happen. Talk to your healthcare provider if you need additional units to keep at work, school, or other locations. Tell your family members and others where you keep your EpiPen or EpiPen JR Auto-Injector and how to use it before you need it. You may be unable to speak in an allergic emergency.
3. When you have an allergic emergency (anaphylaxis) use the EpiPen or EpiPen JR Auto-Injector right away. Get emergency medical help right away. You may need further medical attention. You may need a second EpiPen or EpiPen JR Auto-Injector should symptoms persist or recur. More than two sequential doses of epinephrine for a single episode should only be administered by a healthcare provider.

What are the EpiPen and EpiPen JR Auto-Injectors?

- EpiPen and EpiPen JR Auto-Injector are disposable, prefilled automatic injection devices used to treat life-threatening, allergic emergencies including anaphylaxis in people who are at risk for or have a history of serious allergic emergencies. They contain a single dose of epinephrine.
- EpiPen and EpiPen JR Auto-Injector are for immediate self (or caregiver) administration and do not take the place of emergency medical care. You should get emergency help right away after using the EpiPen and EpiPen JR Auto-Injector.
- EpiPen and EpiPen JR Auto-Injector are for people who have been prescribed this medication by their healthcare provider.
- The EpiPen Auto-Injector (0.3 mg) is for patients who weigh 66 pounds or more (30 kilograms or more).
- The EpiPen JR Auto-Injector (0.15 mg) is for patients who weigh about 33 to 66 pounds (15 to 30 kilograms).
- It is not known if EpiPen and EpiPen JR Auto-Injectors are safe and effective in children who weigh less than 33 pounds (15 kilograms).

What should I tell my healthcare provider before using the EpiPen or EpiPen JR Auto-Injector?

Before you use EpiPen or EpiPen JR Auto-Injector, tell your healthcare provider about all your medical conditions, but especially if you:

- have heart problems or high blood pressure
- have diabetes
- have thyroid conditions
- have asthma
- have a history of depression
- have Parkinson's disease
- have any other medical conditions
- are pregnant or plan to become pregnant.

It is not known if epinephrine will harm your unborn baby.

- are breastfeeding or plan to breastfeed. It is not known if epinephrine passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Inform your healthcare provider of all known allergies.

Especially tell your healthcare provider if you take certain asthma medications.

EpiPen or EpiPen JR Auto-Injector and other medicines may affect each other, causing side effects. EpiPen or EpiPen JR Auto-Injector may affect the way other medicines work, and other medicines may affect how the EpiPen or EpiPen JR Auto-Injector works.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

Use your EpiPen or EpiPen JR Auto-Injector for treatment of anaphylaxis as prescribed by your healthcare provider, regardless of medical conditions or medication.

How should I use the EpiPen and EpiPen JR Auto-Injector?

- Each EpiPen or EpiPen JR Auto-Injector contains only 1 dose of medicine.
- The EpiPen or EpiPen JR Auto-Injector should be injected into the muscle of your outer thigh. It can be injected through your clothing if needed.
- Read the Instructions for Use at the end of this Patient Information Leaflet about the right way to use EpiPen and EpiPen JR Auto-Injector.
- Use your EpiPen or EpiPen JR Auto-Injector exactly as your healthcare provider tells you to use it.
- **Caution:** Never put your thumb, fingers, or hand over the orange tip. Never press or push the orange tip with your thumb, fingers, or hand. The needle comes out of the orange tip. Accidental injection into finger, hands or feet may cause a loss of blood flow to these areas. If this occurs, go immediately to the nearest emergency room. Tell the healthcare provider where on your body you received the accidental injection.

Appendix C – Sample Power Point Handout

10/25/2013

Save a Life!
Anaphylaxis and EpiPen Training

"My name is
EpiPen & I
SAVE lives"



Objectives

- Understand what an anaphylactic reaction is.
- Identify common causes of anaphylaxis.
- Identify signs and symptoms of an anaphylactic reaction.
- Understand how to store EpiPens.
- Demonstrate the ability to administer an EpiPen.



Difference

Allergy	Anaphylaxis
• Sensitivity to specific substance or allergen • First time exposure is usually mild • Repeated exposure can lead to more serious reactions	• An allergic emergency • Life-threatening condition • Rapid occurring from minutes to hours. Need immediate attention • S/S • Difficulty breathing • Swelling • Dizziness • Shock • Death




Causes



What to look for?
Initial Symptoms

- Itchy skin, hives
- Swelling or flushing of lips, throat & tongue
- Wheezing, SOB, coughing, hoarseness
- Headache
- N/V & Abd. Cramps
- Sense of impending doom & loss of LOC





Diagnosis

- MD performs allergen testing
- Use past medical Hx, physical examination & response to Tx
- Prescription needed to purchase EpiPen




Appendix D – Power Point Presentation

See slide show.

Appendix E – Sample EpiPen Trainer & EpiPen Skill Check List



Appendix F – Pre/Post Exam & Exam Answers and Rationales

Save a Life! Anaphylaxis and EpiPen TrainingPre/Post Test

Name: _____

Date: _____

Please circle one: Pre-Test / Post-Test

Instructions: Please circle one answer per question. True or False?

1. Removing clothing before injecting the EpiPen is safer True or False
and allows for better absorption.
2. After injecting the EpiPen massage the injection site for True or False
25 seconds.
3. It is important to call 911 before injecting the EpiPen. True or False

Save a Life! Anaphylaxis and EpiPen Training

Pre/Post-Test –Answer Key

1. Removing clothing before injecting the EpiPen is safer and allows for better absorption.

Answer: **False**

Rationale: No time to waste. The EpiPen is injected through the clothes right away.

2. After injecting the EpiPen massage the injection site for 25 seconds.

Answer: **False**

Rationale: You massage for 10 seconds.

3. It is important to call 911 before injecting the EpiPen.

Answer: **False**

Rationale: You should inject the EpiPen while assigning someone to call 911.

Appendix G – Evaluation

Save a Life! Evaluation Form

Please complete this form at the end of the presentation. Your feedback is much appreciated.

Presenter(s): Jodiane Ashpole, Grethel Castillo-Gorvits, Bracha Golbert, Sara Levy,
Nydia Llangari, Terrin Niles Joseph, Tanjina Nowshin, Karen Wilmott

Topic: Save a Life! Anaphylaxis and EpiPen Training

Date: _____

1. Which comment reflects your overall thought of this presentation?

- ☐ It was just what I needed to know
- ☐ It was too complicated
- ☐ It was review/repeat of what I already know

2. Overall, on a scale of 1 (lowest) to 5 (highest), how would you rate the presentation?

Content	1	2	3	4	5
Coherence	1	2	3	4	5
Organization	1	2	3	4	5
Creativity	1	2	3	4	5

3. Overall, on a scale of 1 (boring) to 5 (super engaging!), how did you find this presentation?

1	2	3	4	5
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4. Additional Comments:

References

Department of School Health. (n.d.). *Guidelines for Managing Students With Severe Food Allergies in a School Setting*. New York, New York.

Food Allergies In Schools. (2012, February 17). *Centers for Disease Control and Prevention*.

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