



Just Do It!

Epipens and Self-Efficacy

Adrian Sie
Consultant in Paediatrics
NHS Lanarkshire

- 
- 
- Group sessions – update6
 - 84% failed to use properly – update6
 - Keep calm jpg
 - Badges/certificates
 - Emma sloan for fear
 - Brought to clinic – other ways of assessing carriage?

Emma Sloan





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Health Minister James Reilly confirmed he was looking at ways of making the jabs more available for use by trained volunteers in schools and workplaces

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Emma Sloan (right) and her mum Caroline (left)



Emma Sloan in a kitchen

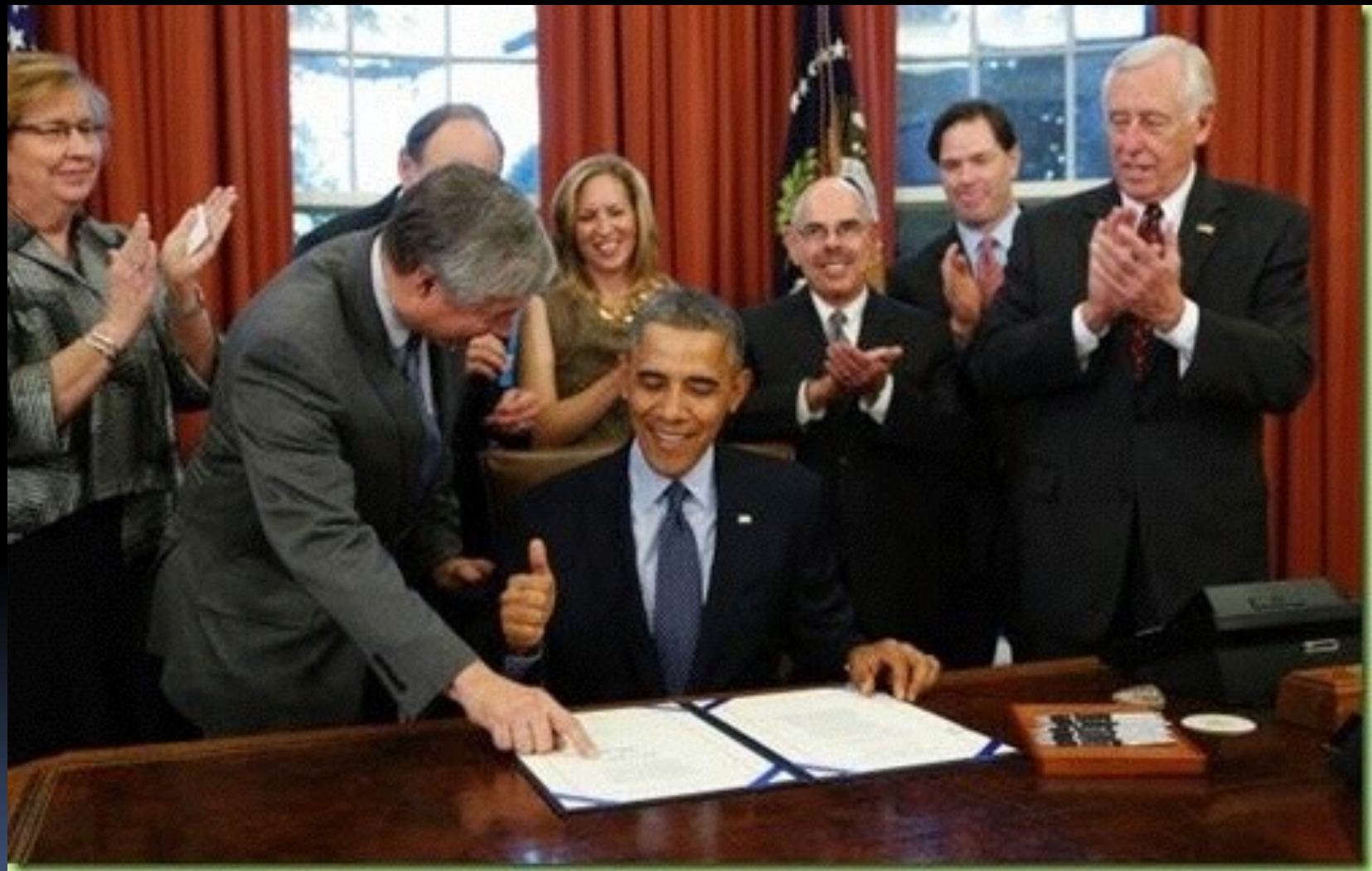
Most Read in News



Recently, under the counter girls say to attract and turn heads after recent sexual releases

- *“Personally I don’t think I could have done anything different. I went into the chemist and Susan [Caroline’s sister]rang the ambulance.*
- *“I think if the pharmacist had done something he would have been a hero.”*
- 3 investigations into Emma’s death – the gardai, the Pharmaceutical Society of Ireland, and the coroner.

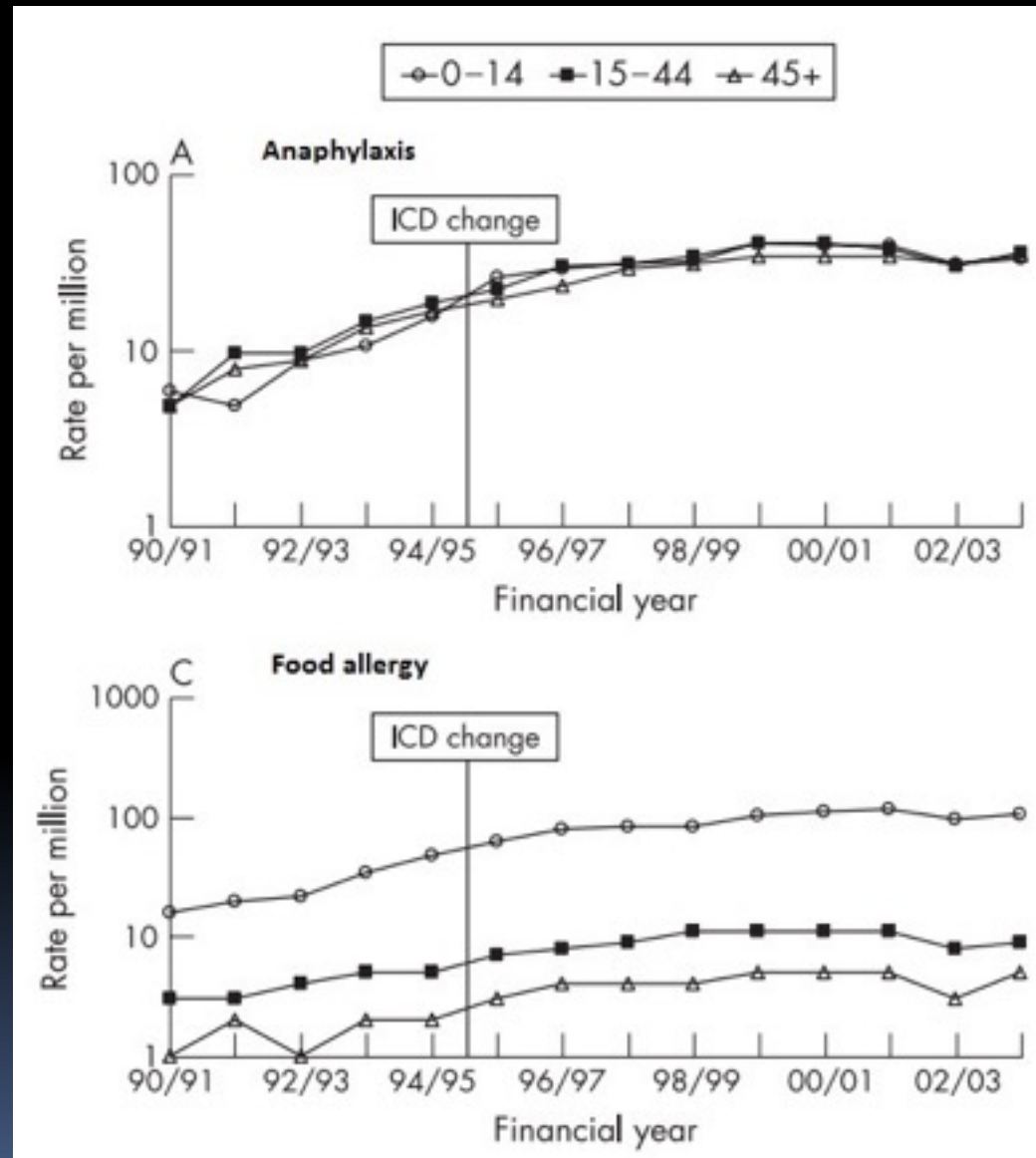
- Emma's Voice Campaign launched -
 - Provide EpiPens in all schools, creches and restaurants, with trained first responders
 - Some form of ID for people with allergies, so they can be given the pen at a chemists if they need it



Federal Law HR2094

- School Access to Emergency Epinephrine Act
- Funding preferences if schools maintain stock of EpiPens, and train/allow staff to administer

Rising incidence



Fatal anaphylaxis

- In 80% of cases, adrenaline not given before arrest.
- Most cases in people with no previous history of anaphylaxis.
- Survival better if adrenaline given within 30 mins.
- Deaths have occurred despite immediate and repeated adrenaline.

UK study of Food allergy deaths (n=48)

- 40% had Epipens, but more than half of total had no history of previous severe reaction.
- 9/19 used pens correctly (although 2 expired).
5 used too late, 4 were not carrying, 1 misused.
- Almost all took daily treatment for asthma.
10/32 had varying degrees of asthma exacerbation on day.
- Over half had (probably) had no professional advice about their allergy.
- *[UK, Pumphrey 2006]*





Population

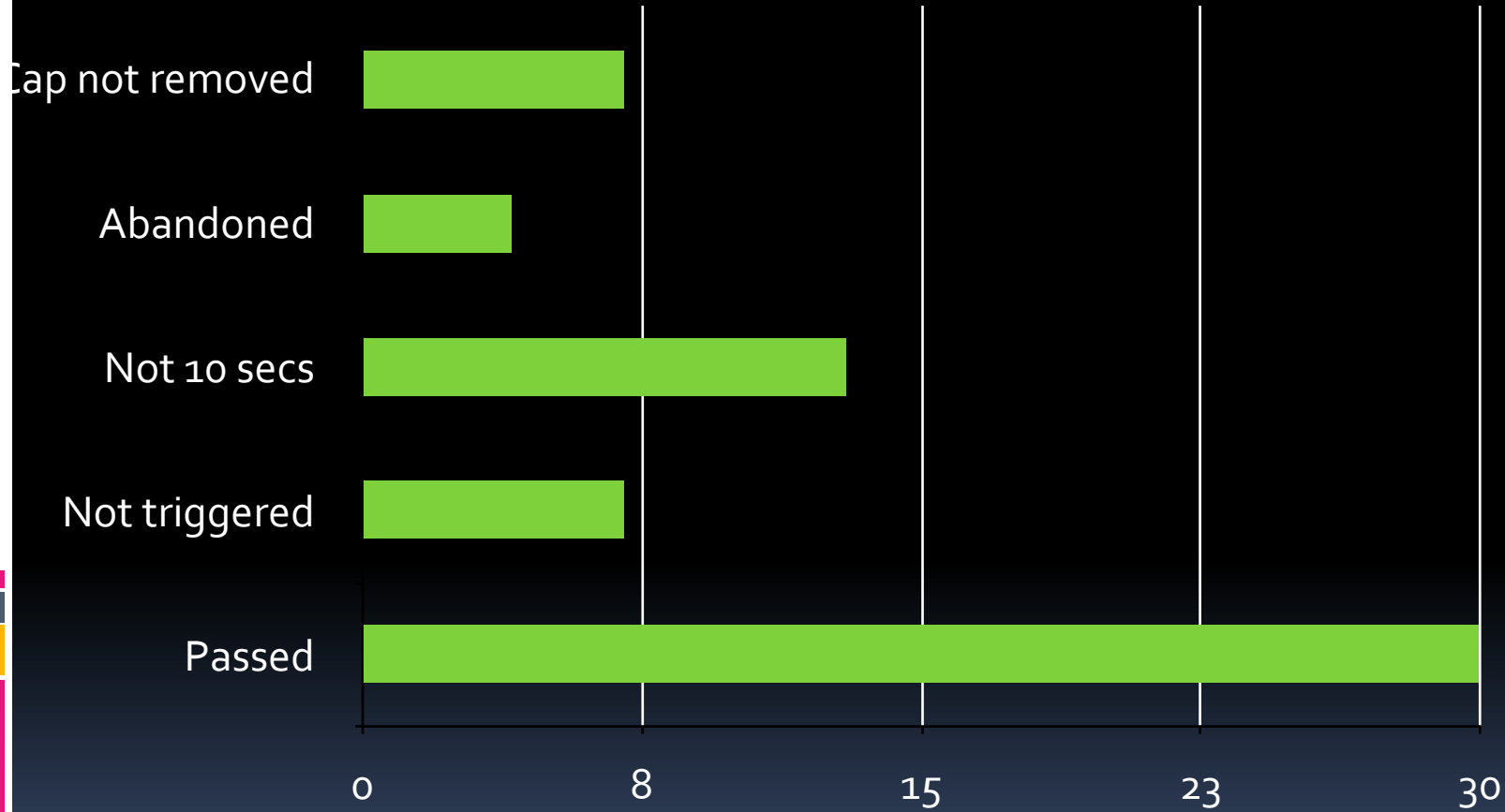
- N=175
- Age 3-16yrs [over 16 excluded]
- Boys:girls 1.36:1
- Asthma: 71 on regular preventer, 32 reliever only, 9 unspecified asthma
- Hay fever: 63
- Eczema: 52



Brought to Clinic?

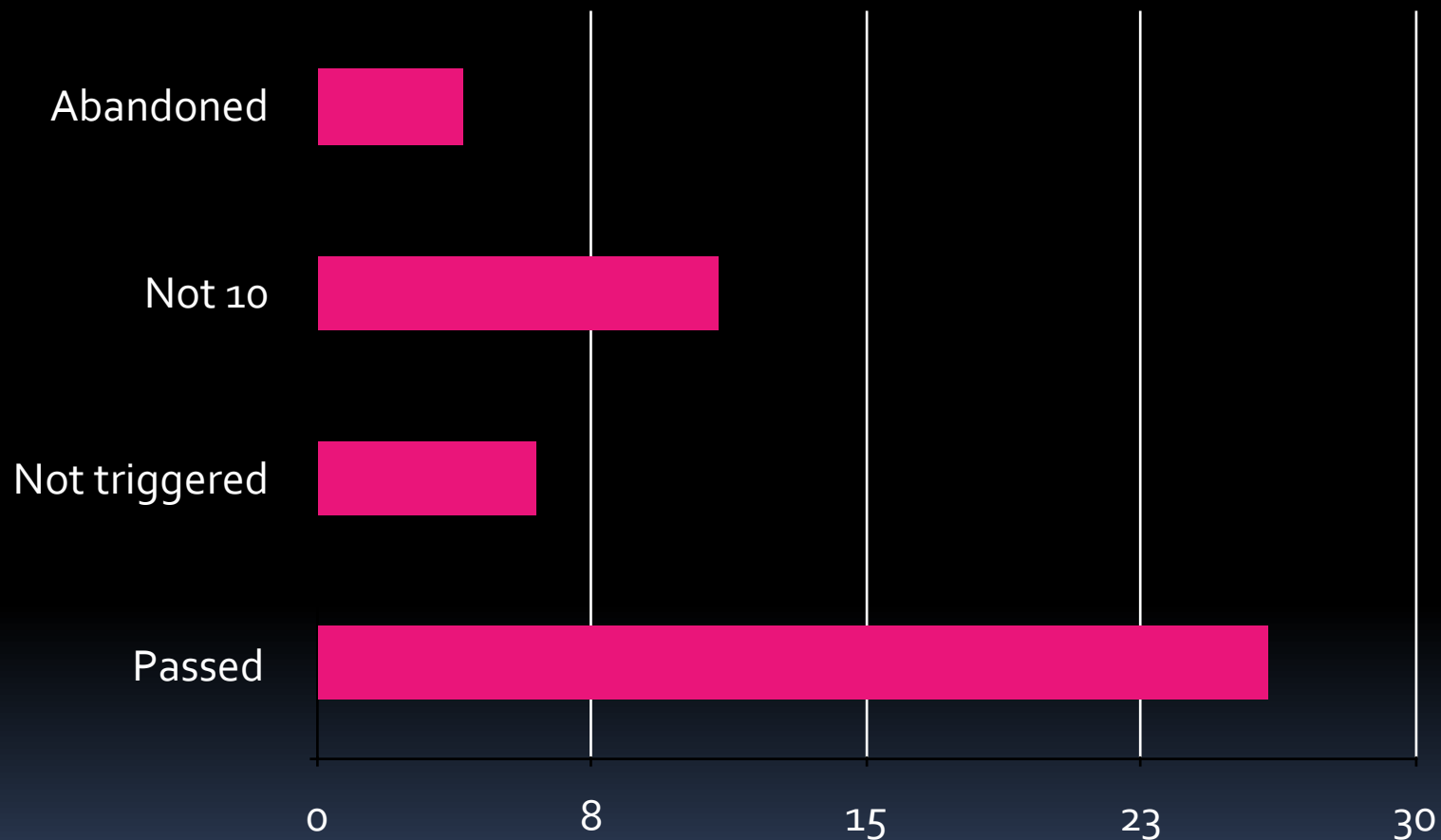
Parental competence

Parental competence




Young person competence

Young person competence





Strategies

- Inform
 - Fear
 - Plan
 - Practice
 - Remind
- 

Our Allergy Service

Consultant: Dr Adrian Sie
Specialist nurse: Morag Alexander
Specialist dietician: Lauren Muirhead
Secretary: Heather Baillie

Tel 01698 366193

Our paediatric allergy service aims to provide children and their families with:

- Allergy diagnosis
- Dietary advice for food allergies
- Advice on how to avoid reactions, particularly at school/nursery and on holiday
- Advice on how to manage reactions, including anaphylaxis
- Training in use of adrenaline auto-injector pens
- A view to the future: is my allergy likely to go away?
- Advice to young people on how to deal with their allergies themselves

We work closely with other services in NHS Lanarkshire including Paediatrics, Dietetics and Dermatology.

Coming to clinic

- [What happens at allergy clinic?](#)

Epipens and Anaphylaxis

- [My anaphylactic reaction \(video\) - Emma, aged 10](#)
- [My anaphylactic reaction \(video\) - Blair, aged 6](#)
- [Epipen demo \(video\)](#)
- [How to use an epipen \(video\) - teaching a family for the first time](#)
- [Epipen website](#)
- [Epipen \(new style\) quiz for parents](#)
- [Epipen \(new style\) quiz for young person](#)
- [Text quiz](#)

Frequently asked questions

- [Allergy FAQs](#)

About Allergy (videos)

- [My allergic reaction - Blair, aged 6](#)
- [Food allergy and diet - milk, egg](#)
- [Growing up with allergy](#)
- [Nut allergy and avoidance](#)
- [Using Pinpoint](#)
- [The worst thing about allergy](#)

Food allergy leaflets

- [Egg classification](#)
- [Cutting out milk](#)
- [Cutting out egg](#)
- [Cutting out nuts](#)
- [Food allergy and intolerance](#)
- [Food allergy and testing](#)
- [Suitable milks for milk allergy](#)

The following are symptoms of a **MILD** allergic reaction:

1. Tingling itchy lips or tongue.
2. Itching or flushing of the skin.
3. Hives (rash) anywhere on the body.
4. Abdominal cramps, nausea or vomiting.
5. Swollen or itchy eyes.
6. Runny nose or sneezing.

Give **PIRITON**

Dose: mls.....

Prescribed by

Date

If after 10 minutes symptoms are no better, then:

Repeat Piriton as above

And seek advice from your GP urgently (or NHS 24 if out of hours).

If features of a severe reaction, give EpiPen® – see next page.

Symptoms of a **SEVERE** reaction:

1. Sudden or increased breathlessness, may be wheezy.
2. Choking, struggling to breathe.
3. Going pale, cold and clammy.
4. Loss of consciousness or fainting.

Lie your child down (let them sit if they prefer) + Give EpiPen®

Dose: Junior/Senior

Prescribed by

Date

Try to give Piriton (see left). If your child is wheezy and has a blue inhaler, you can also give 10 puffs of Salbutamol using a spacer.

HOW TO GIVE EPIPEN®



1. Remove the EpiPen® from packaging.
2. Remove blue safety cap.
3. Hold the EpiPen® as shown, placing the orange tip at right angles to the thigh and press hard until you hear a click.
4. Hold in place for 10 seconds, remove and rub thigh firmly for at least 10 seconds.
5. Keep your child in the recovery position, or sitting if more comfortable.
6. Phone 999 for an **AMBULANCE** - state that you have given EpiPen®. If after 5 minutes or more symptoms seem to be getting worse, then give a second EpiPen® (if available).
7. Ask your GP for a replacement EpiPen® at earliest opportunity.

Remember the best way to stop reactions happening is to make sure your child keeps away from the foods they are allergic to.

Always Have Your EpiPen® and Piriton with You!



Potential Strategies

- Simplify
 - Game
 - Model
- 



Simplify

Emerade

AUVI-Q

Apps?





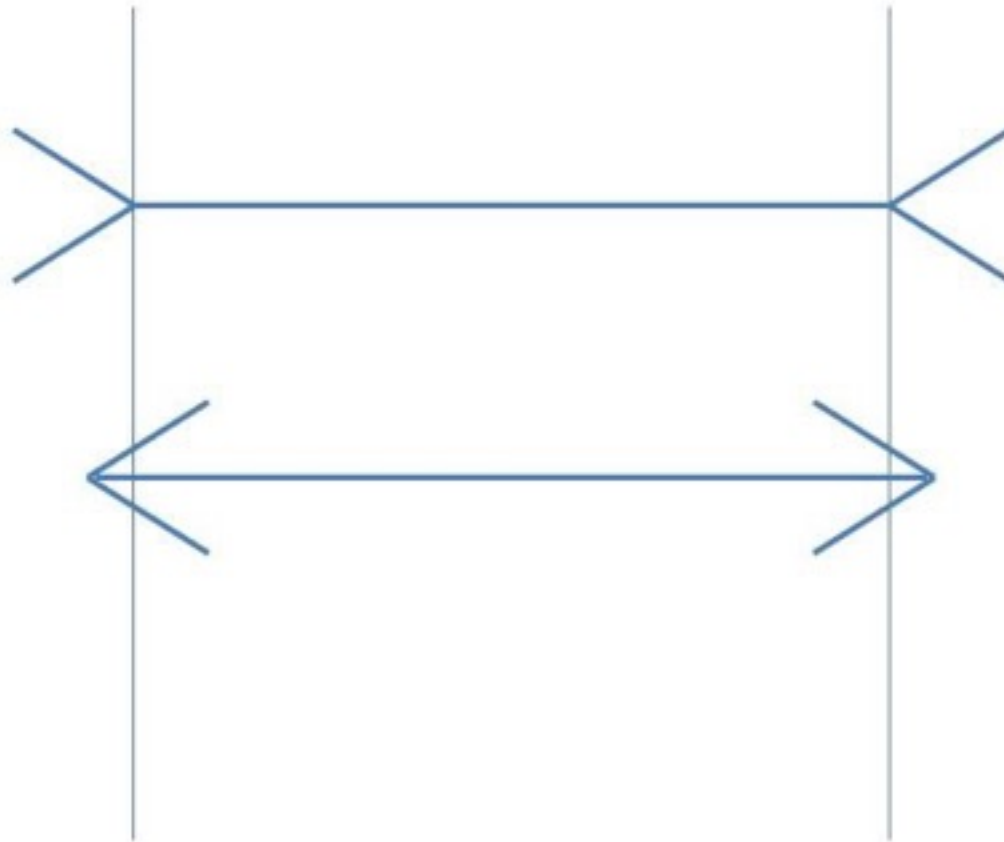
AUVI-Q



Which horizontal line is longer?



Which horizontal line is longer?



Bottom line is 10% longer than top line



Game

When we play a game, we tackle tough challenges with more determination, more optimism, and we're more likely to reach out to others for help

Gaming, because it's fun, ... creates the chance to make positive experiences [in] learning



[Jane McGonigal]



Quizzes » Set 73 » Epipen (new Version) - When And How, For Young...

Question 3 / 15

I would use the Epipen if:

- A. ☐ I felt like I was choking
- B. ☐ My mouth felt itchy
- C. ☐ I felt wheezy or like I couldn't breathe
- D. ☐ my face swelled up like a balloon
- E. ☐ I felt really scared and dizzy, like I might pass out or collapse

Next



Related Quizzes

New York, New York...



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Next



Related Quizzes

New York, New York...



Question 3 / 15

✗Incorrect

Next »

I would use the Epipen if:

- A. I felt like I was choking ✓ (Missed)
- B. My mouth felt itchy ✗
- C. I felt wheezy or like I couldn't breathe ✓
- D. my face swelled up like a balloon ✗
- E. I felt really scared and dizzy, like I might pass out or collapse ✓ (Missed)

Explanation

You should use the Epipen with an allergic reaction if it is affecting breathing (eg wheezing, coughing, tight chest), OR you feel as if you are choking OR you feel like you might pass out or collapse. It doesn't matter if you don't know what has triggered the reaction. If in doubt, do not be afraid to use it - your Epipen is your friend in time of need!





Related Quizzes

New York, New York...

Personalize

- **Counting on my Girlfriend**
- Whenever my girlfriend and I went out, she would carry my auto-injector because she would have her purse on her at all times...
- I became so used to her carrying it that I never worried about where it was when I was with her. Once went to a museum - we both completely forgot about my auto-injector.
- It wasn't until we went to the café that I realized I wasn't prepared!



- 
- 
- **What can others learn from this?**
 - Although I really appreciate my girlfriend's willingness to help and assist with carrying my auto-injector for me, it is my condition and my responsibility to stay safe no matter whom I'm with.
 - Since then, my girlfriend and I have broken up and I am in the routine of making sure that I have it at all times.

WHAT'S UP WITH PAULINA?



MEDIKIDZ EXPLAIN FOOD ALLERGY


SUPERHERO
ADVENTURE INSIDE THE
HUMAN BODY!





Authors: Dr. Kim Chalmers-Blair (BSc, MSc, PhD) & John Taddeo
Peer-reviewed by Prof. John Warner (MD, FRCP, RCPE, H.F. Med. Sc.)
and Anna Nowak-Węgrzyn (MD)



Self Efficacy

- Albert Bandura
 - =One's belief in one's ability to succeed in specific situations
 - Derived from observational (ie social) learning
- 



- 
- 
- Affected by:
 - Experience
 - Modelling (ie vicarious experience)
 - Social persuasion
 - Interpretation of physiological stress symptoms



Conclusions

- Mind-blindness
- Build self-efficacy, vs Education
- Fear is helpful... Sometimes...
- Avoidance and asthma mx most important!?