

Anaphylaxis discharge checklist and discussion guide

After treatment for anaphylaxis (a severe allergic reaction), it is important that people can safely manage their condition when they go home.

If you, or someone you care for has been treated for anaphylaxis, this checklist helps you know what to do when you leave hospital and what to discuss with your healthcare team.

Healthcare professionals can use this checklist to discuss safe discharge with the patient and family after anaphylaxis and check their understanding.

<input type="checkbox"/> Do you know what caused your allergic reaction?	
<input type="checkbox"/> Allergen known/suspected. Allergen (trigger): <input type="text"/> <input type="checkbox"/> Allergen not known.	Anaphylaxis is a severe allergic reaction. If the cause of your anaphylaxis is uncertain, you may need further tests with a specialist.
<input type="checkbox"/> Do you know how to manage your allergy and avoid anaphylaxis?	
Before you go home, your healthcare professional will talk with you about how to manage your allergy and how to avoid your trigger, if it's known. This information may be updated later by the specialist.	You may be given advice on wearing special jewellery to identify that you have an allergy.
<input type="checkbox"/> Do you need an adrenaline injector?	
<input type="checkbox"/> No adrenaline injector needed <input type="checkbox"/> Adrenaline injector supplied <input type="checkbox"/> Prescription supplied. If you are given a prescription for an adrenaline injector, fill it at a pharmacy as soon as you leave the healthcare facility – preferably on your way home. Adrenaline is the only medicine that treats anaphylaxis. Keep the adrenaline injector with you at all times.	You may be given or prescribed an adrenaline injector, depending on what caused your allergic reaction. Not everyone needs an adrenaline injector. You can obtain up to two injectors on prescription. You can also purchase an adrenaline injector without a prescription at full price from most pharmacies. This will cost more than a prescription. If you need an adrenaline injector and you leave hospital without a prescription or injector see your GP for a prescription as soon as possible.
<input type="checkbox"/> Do you know HOW to use your adrenaline injector if you need one?	
Your healthcare professional will show you how to use your adrenaline injector. Be sure to ask for more information if you do not understand.	An adrenaline injector is single use and has one dose of adrenaline.



Do you have an ASCIA* Action Plan?

If you are allergic to a food, insect bite or sting, or anything you could be exposed to again, you will need an **ASCIA Action Plan for Anaphylaxis**. This describes:

- The signs and symptoms of anaphylaxis
- When to use your adrenaline injector
- How to use your adrenaline injector.

Keep your Action Plan with your adrenaline injector.

If you are allergic to a medicine you will be given an **ASCIA Action Plan for Drug (Medication) Allergy**.

You need to tell healthcare providers about the allergy before getting any medicines in the future. The **ASCIA Record for Drug (Medication) Allergy** may be used to record the details of your allergy.

* ASCIA is the Australasian Society of Clinical Immunology and Allergy, an organisation of healthcare professionals who specialise in the treatment of allergy.



Do you know who you need to see after you go home?

- See your general practitioner (GP) as soon as possible, and no more than one week after leaving the healthcare facility – take your ASCIA Action Plan and discharge documents
- See your GP immediately if you need an adrenaline injector, and cannot get one.

- See a clinical immunology/allergy specialist for review. Ask if the healthcare facility is providing this referral before you go home, or if you need to ask your GP for a referral.

Your specialist will confirm the trigger for your allergy and help you avoid anaphylaxis.



Do you have any questions?

Before you leave their care, ask your healthcare professional any questions you have about managing your allergy.

Where to get more information

Allergy & Anaphylaxis Australia (A&AA)

- If you have questions when you get home, A&AA provide information and advice about living with allergy and anaphylaxis
- They can also provide a training device to help you practice using an adrenaline injector
- Call 1300 728 000 or visit www.allergyfacts.org.au

National Allergy Strategy (NAS)
www.nationalallergystrategy.org.au

Australasian Society of Clinical Immunology and Allergy (ASCIA) www.allergy.org.au

Useful resources

After an anaphylaxis event you may want to:

- Watch a video explaining the signs and symptoms of anaphylaxis www.allergyfacts.org.au/allergy-anaphylaxis/signs-symptoms
- Keep a record of the anaphylaxis event to give your doctor or other health professional www.allergy.org.au/hp/anaphylaxis/anaphylaxis-event-record
- Add allergy information to your My Health Record. Find out how at www.nationalallergystrategy.org.au/projects/australian-digital-health-agency/consumers
- Report an allergic reaction from food eaten at a restaurant or café www.foodallergyeducation.org.au/reporting

In an emergency, phone triple zero (000) for an ambulance