

Sample Anaphylaxis Training Assessment

(Red font indicates correct answers)

1. What is anaphylaxis?
 - ☐ An allergic reaction
 - ☒ A sudden, life-threatening allergic reaction
 - ☐ An asthma attack
2. Signs and symptoms of anaphylaxis could include (check all that apply):
 - ☒ Itchy, red rash
 - ☒ Hives
 - ☐ Sneezing
 - ☒ Itching, swelling, or hoarseness of the throat
 - ☒ Shortness of breath, cough, and/or wheezing
 - ☒ Weak pulse or loss of consciousness (“passing out”)
 - ☐ Hyperactivity
 - ☒ Abdominal pain/discomfort
3. Signs and symptoms of anaphylaxis include (check 1 of the following):
 - ☐ Extreme agitation, restlessness
 - ☒ Itching and swelling of the lips or tongue, hives, difficulty breathing, vomiting
 - ☐ Lethargy, drowsiness
4. If a child with a food allergy complains of any of the above symptoms, it is best to wait and be sure rather than provide emergency treatment. True **False**
5. A food allergy reaction or anaphylaxis only occurs after the food-allergic person eats a large amount of the allergy food. True **False**
6. If not treated immediately, a food allergy reaction can cause death. **True** False
7. Epinephrine does not need to be given for a bee sting unless the student complains of difficulty breathing, even if the nursing care plan documents a history of anaphylaxis. True **False**

8. Which of the following are possible side effects of epinephrine?
- ☐ Elevated blood pressure, itching
 - ☐ Headache, nausea
 - ☒ Heart palpitations, anxiousness, headache
 - ☐ Drowsiness, lethargy
9. If the allergy symptoms are relieved after giving epinephrine, Emergency Medical Services (911) do not need to be called. True **False**
8. If a food doesn't have a label, it is better not to give it to a student with food allergies even if he/she says they think they have had it before. **True** False
9. Everyone experiencing a life-threatening allergic reaction will have hives. True **False**
10. I have demonstrated I am able to use the epinephrine auto-injector. Yes No
11. The epinephrine auto-injector should be given only if an allergy reaction is severe, otherwise treatment should begin with an antihistamine while waiting for emergency personnel or doctor's advice. True **False**
12. Stops the symptoms of the allergic reaction.
- (circle one) **Epinephrine** Antihistamine
13. Lessens the effect of the allergic reaction.
- (circle one) Epinephrine **Antihistamine**
14. When using the epinephrine auto-injector, it generally must be held in place according to manufacturer's guidance for all the medication to be released. **True** False
15. A child with a latex allergy can experience a latex allergen exposure from _____. **Balls, gym equipment, balloons, erasers, rubber bands, bandages and first aid gloves.**
16. A child eats a sandwich containing peanut butter and a classmate has a peanut allergy, cross-contact can be reduced by (check 1 of the following):
- ☒ **Thoroughly washing hands with soap and water after eating and thoroughly washing the eating surface with soap and water.**
 - ☐ Using hand sanitizer to clean up any peanut butter that falls out of the sandwich.

17. Craft activities that use foods known to cause allergic reactions in students are safe to do because they won't be eaten. True **False**
20. Schools are not considered a high risk setting for exposure to allergens and cross-contact for students with life-threatening allergies. True **False**
21. Life-threatening allergy is classified as a disability under Section 504. **True** Fals
22. The classroom is the most common area students in school are reported to experience an allergic reaction.
True False
23. A child complains of continued asthma symptoms even after using a rescue medication inhaler. You know this student has a life-threatening allergy to peanuts and it has been 30 minutes since the student finished eating lunch. You suspect this student may have been exposed to peanut butter at lunch.
Describe the next steps you would take.
24. If I have questions about the student's allergy or care plan, I can ask:
- ☐ Principal
 - ☐ Student
 - ☐ Custodian
 - ☒ **School nurse**