Executive Summary

Summit Goal
To bring communities together with the goal of expanding anaphylaxis preparedness and awareness, sharing best practices and building stronger connections at the local, state and national level.

147 participants from 13 disciplines
- board-certified allergists
- pediatricians
- patient advocacy organizations
- school nurses
- food allergy bloggers
- support group leaders
- parents
- psychologists
- social workers
- asthma educators
- nurse practitioners
- school teachers

8 presentations
- Preventive drug list
- State and federal legislation
- Research updates
- Emergency anaphylaxis care strategies
- Risk behaviors in adolescent and college students
- School food and anaphylaxis management for pediatricians
- FAME updates
- Farm to Table

20 states and Toronto, Canada
- Alabama
- California
- Colorado
- Florida
- Georgia
- Hawaii
- Illinois
- Indiana
- Kansas
- Kentucky
- Massachusetts
- Missouri
- New York
- Nevada
- Pennsylvania
- South Carolina
- Texas
- Virginia
- Washington
- Wisconsin

16 national experts in allergies and anaphylaxis

Lessons Learned

Advocacy and School Policy
- By law, students can self-carry
- EpiPen4Schools: Can obtain 4 packs per school.
- Epinephrine Auto-Injector (EAI) cost burden falls on families
- EAls needed on airplanes

Research
- 2 people a day die from anaphylactic reaction
- 30% of people with asthma have a food allergy
- Allergy tests do not tell the severity of an allergy
- Anaphylaxis registry available for schools, emergency department (ED) and public

Food Management
- Need for anaphylaxis awareness in culinary community
- Many foods are cross-reactive with latex

Best Practices
- When administering EAI, hold for 3 seconds instead of 10
- Wait only 5 minutes in between doses to see if the medication is working
- Benadryl (antihistamines) shouldn’t be used as frontline treatment for anaphylaxis
- ED discharge should include a referral to an allergists
- Ask patients/students, “Do you have epi? Can I see it?”

Adolescents and Families
- Early education is key to success
- Available techniques for educating families about allergies
- High-risk behaviors and allergens
- Ways to empower adolescents

Attendee Feedback
94% made new connections to help improve anaphylaxis awareness in their community.
95% will use the information learned to promote anaphylaxis awareness at the local level

“At Allergy & Asthma Network, we engage, educate and empower patients and the collaborative care team. We need your voice and enthusiasm as partners in this work. Together, we can create a tomorrow that is filled with hope and improved health outcomes.”
– Tonya Winders, MBA President and CEO Allergy & Asthma Network