Introduction

Food allergy has become an increasingly common condition in the paediatric community over recent decades. Many of these patients are at risk of developing anaphylaxis following exposure to food allergens. Adrenaline Auto-Injector (AAI) devices are prescribed to these patients to be used in the event of anaphylaxis following accidental exposure.

Guidance

The Irish Food Allergy Network (IFAN) recommends that patients who are prescribed AAIs should carry two AAIs at all times. For school-going children, it is recommended that two AAIs should be stored in their school in the event of accidental exposure.

Aims

To evaluate parental compliance with carriage of AAI devices according to guidelines.

To review parental confidence on when and how to use AAIs.

Methodology

A one-page questionnaire was compiled, which was approved by Tallaght University Hospital Clinical Audit Committee.

We invited parents of children attending the paediatric allergy outpatient and day-ward services who had been prescribed AAI devices to complete this questionnaire anonymously and return it to clinical staff.

This audit was carried out from October 2018 to January 2019 in five outpatient and four day-ward clinics each month. Data was compiled in a spreadsheet and interpreted.

Results

53 parents completed our questionnaire. Patients ranged from nine months to sixteen years of age.

71% (n=38) reported carrying AAI devices. Of these, 66% (n=35) carried two devices.

88% (n=47) reported that their AAIs were within date.

Of those without devices, 15% (n=8) reported AAIs were left in the car while another 11% (n=6) stated their AAIs were left at home.

Regarding confidence in AAI training, 75% (n=40) of parents surveyed felt confident in knowing when an AAI should be given, giving a score of 4 or 5 on a scale of 1 to 5. 86% (n=46) were confident in knowing how to administer an AAI device.

Conclusion

Our audit shows that 1 in 3 patients who were prescribed AAIs did not carry the recommended two devices with them when attending our outpatient services. Only 75% of patients and parents felt confident in knowing when they should give an AAI. This audit highlights the importance of taking the time to educate and re-educate patients and parents. Emphasis should be made on the importance of carrying AAIs at all times.

REFERENCES