

MONMOUTH UNIVERSITY HEALTH SERVICES

ALLERGY INJECTION POLICY AND PRACTICE

ALLERGIST OFFICE

Allergy injections are given in Health Services as a special service to students and at no additional cost. Students must adhere to the patient policies regarding allergy injections as they have been designed for their safety. Health Services reserves the right to discontinue providing allergy injection services for students who do not adhere to the provisions of the policy. Monmouth University Health Services adheres to the current practice guidelines by the American Academy of Allergy, Asthma and Immunology.

Allergy serum and dosage schedule is prepared and determined by the student's private allergist. Persons administering the allergy serum at Monmouth University are nurse practitioners. A nurse practitioner is present when a student receives an injection and during the observation period. Should an untoward reaction occur, the clinician will follow the Monmouth University anaphylaxis protocol. Allergy injections are administered as follows: Tuesday, Wednesday and Thursday from 10:00am to 2:00pm. A medical physician is available for consultation by phone.

Allergy Serum and Documentation

- The student's private allergist must provide the student with the following to bring to Health Services:
 - Allergy vials that are clearly marked with the student name, contents, concentration and expiration date.
 - Written instructions which clearly outline content, concentration, dose amount and schedule, frequency of injections, dosage adjustments for local reactions and missed doses.
 - Physician's name and contact information including phone number and fax number.
 - Allergist's office will be faxed a copy of this policy and practice. **The allergist's office needs to fax back to Health Services (732-263-5353) a signed copy of this document indicating that they have read and agree to the terms. This must be done prior to the student receiving an allergy injection by Monmouth University Health Services.**
- If the student is just starting allergy injections, the first dose needs to be administered by the allergist.
- The first dose out of a new vial needs to be given by the allergist, unless otherwise approved by the university medical physician.
- For safety purposes, students who are on beta-blockers, receive venom immunotherapy, are pregnant or have a history or develop frequency of significant (>25mm wheal) or prolonged reactions (persisting 12 or more hours), need to have their allergy injections administered by an allergist.

- Students who meet the above criteria need to find an allergist in the area to administer the allergy and/or venom shots.
 - Health Services will assist the student in locating an area allergist.
- Students are responsible for bringing in the refrigerated allergy medication and allergist's documentation at the beginning of the semester.
- Serum will be kept at the Health Center in a regulated refrigerator and must be picked up by the student at the end of each semester.
 - Vials left at the Health Center over summer break will be discarded, regardless of expiration date, unless other arrangements are made with Health Services personnel.
- Students are responsible for contacting their allergist to obtain and receive new serum vials.
- Health Services will not combine serum into a single syringe.

Scheduling:

- Allergy injections are administered during the following: Tuesdays, Wednesdays and Thursdays from 10:00am to 2:00pm. Students may come in any time during these hours. No appointments are needed; students are seen on a first come, first serve basis.
- Students need to allow sufficient time to be seen, have the allergy serum administered and abide by the 30 minute wait period post-injection for an evaluation of response.
- If a student is unable to have their allergy injections given during the available time frame, Health Services staff will assist the student with finding an allergist in the area who can accommodate the student's schedule.

Student Responsibilities:

- All students receiving allergy injections by Monmouth University Health Services must sign a document indicating that they have received a copy of this policy and practice and agree to the terms
- Students are responsible for adhering to the allergy schedule.
 - Whenever the student goes off schedule and requires a dose readjustment that is not addressed in the allergist's written instructions, new written instructions need to be obtained from the allergist's office before a dose can be administered.
 - Health Services reserves the right to suspend providing allergy injections to students who consistently go off schedule and where the benefit of allergy injections is jeopardized.
- Prior to receiving an allergy injection, students need to notify the nurse practitioner if they are experiencing an exacerbation of allergy symptoms or asthma.
 - Students are responsible for taking any premedication as directed by their allergist prior to receiving the allergy injection. All pre-medications including time of administration needs to be reported to the nurse practitioner.
- After receiving an allergy injection, the student must wait at least 30 minutes at the Health Center to be re-evaluated by a clinician prior to discharge. Health Services will not continue to give injections to students who do not wait for the designated time frame and be checked.
- Notify the nurse practitioner if during the waiting time you experience any of the following symptoms: swelling or itching at the injection site, wheezing, shortness of

breath, coughing, hives, facial swelling, “pins and needles” sensations of skin, flushing, runny nose, nasal congestion or sneezing.

- Delayed reactions are possible. If you have any of the above symptoms after you have left the Health Center, take an anti-histamine (ex., Zyrtec, Claritin, Loratadine, Allegra, Clarinex, Benadryl). If symptoms continue or worsen, return to Health Services or contact MUPD at x4444 if symptoms occur after hours. Report this to the nurse at your next visit before receiving additional injections.
- You should wait at least 24 hours before and after allergy injections to receive any other type of immunizations such as a flu shot.
- Avoid vigorous exercise at least one hour before and after allergy injections.

Allergist Office

I have received a copy of the Monmouth University Allergy Injection policy and practice and agree to the terms.

Name (signature): _____

Physician Office

Stamp:

Name (print): _____

Date: _____