

MONMOUTH UNIVERSITY HEALTH SERVICES

ALLERGY INJECTION POLICY AND PRACTICE

Allergy injections are given in Health Services as a special service to students and at no additional cost. Monmouth University Health Services adheres to the 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. A medical physician is available for consultation by phone.

Appointments:

Allergy injections are administered by appointment. Check with Health Services for the most current allergy injection hours.

Allergist Office Instructions: Important!

Allergy Serum and Documentation

- **In order to adhere to safety standards, please make sure you provide your patient with the following:**

- **Allergy vials** that are clearly marked with:

- **Patient name**
- **Vial ID**
- **Contents**
- **Concentration**
- **Expiration date.**

- **Written instructions** which clearly outline:

- **Content of vials**
- **Concentration**
- **Dosage**
- **Desensitization schedule,**
- **Frequency of injections**
- **Dosage adjustments for local reactions and missed doses.**

- **** Any missing information will result in a delay of allergy injections.**

- **Physician's name and contact information** including phone number and fax number.

- **The allergist's office needs to sign this document indicating that you have read and agree to the terms.** The document is then faxed to Health Services (732-263-5353). 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.**

- **Please document the reaction to the first dose. If there is no reaction, then indicate “no reaction.”**
- 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 unless other arrangements have been approved by the consulting medical physician.
- Health Services will not combine serum into a single syringe.

Safety

At Monmouth University Health Services, health and safety are our number one priority. Patient policies regarding allergy injections have been designed with safety in mind as we recognize that allergy injections contain an inherent risk of anaphylaxis. Therefore, please make sure that your patient understands the importance of adhering to the desensitization schedule set forth by you, the allergist. Health Services reserves the right to discontinue providing allergy injection services for students who do not adhere to the provisions of the policy and where the risk of providing injections out-weighs the benefit. Students who experience progressive, large local reactions (2 or more times) or who experience a systemic reaction will be referred back to the allergist for concentration or dosage adjustment. This is done to minimize the possibility of anaphylaxis.

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 risk of providing injections out-weighs the benefit.**

- 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.

Student

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

Name (signature): _____

Name (print): _____

Student ID number: _____

Date: _____