



# Epinephrine Auto-Injector Training Course

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Learn more at  
[foodallergyinstitute.com/eai/](https://foodallergyinstitute.com/eai/)



## Food Allergy Institute EMSA Approved Epinephrine Auto-Injector Training Course

The **Epinephrine Auto-Injector (EAI) Training Program**, by the **Food Allergy Institute**, was created to increase awareness, security, and safety for children with severe food allergies. Most of our patients experience anaphylactic shock due to food allergies. We want to create a space for each child who suffers from food allergies to feel safe, regardless of where they might be.

It is essential that our community is trained on how to use an epinephrine auto-injector as you never know when you, or someone you may know, will experience an anaphylactic reaction.

### What to Expect

- Storage and maintenance of stock epinephrine auto-injectors (EAI) to ensure the preparedness and effectiveness of your team and first aid material.
- Signs and symptoms of anaphylaxis.
- Emergency preparedness.
- Ability to identify common triggers that can lead to anaphylaxis.
- Demonstration and administration of an epinephrine auto-injector (EAI) and the appropriate dosage for different age groups.
- Side effects of an epinephrine auto-injector (EAI).
- Contacting the proper channels before and after the administration of an epinephrine auto-injector (EAI).

# Course Details

This course was produced in an effort to offer training and awareness for anaphylaxis risk management in the community. The training is limited to off-duty EMS professionals and lay-rescuers who reside in Southern California.

The training course consists of 4 main components, followed by a course completions certification. Please see below for an outline of the training course.



## Training Presentation

25 minute video presentation



## Demonstration

Live or virtual demonstration of proper care and administration of an EAI by a provider



## Hands-on Practice

Participant will have hands on practice using two different models of training epinephrine auto-injectors



## Test

20 question examination and 15 skill validation check-off to confirm knowledge transfer



## Certification

After completion and passing the examinations, participants will receive a certification of completion

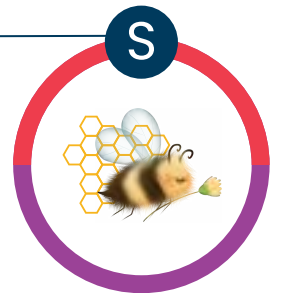
# What is Anaphylaxis?

Anaphylaxis is a sudden and severe allergic reaction that occurs within minutes of exposure. Immediate medical attention is needed for this condition. Anaphylaxis can get worse quickly and has the potential to lead to death within 15 minutes if not treated properly.



## SUDDEN

- Reaction occurs seconds/minutes after exposure
- Triggered by allergens and non-allergens
- Must be subdued within 15-minutes



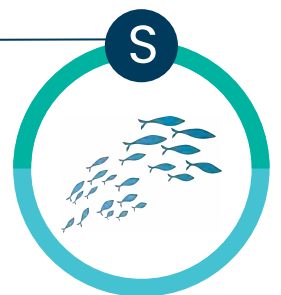
## SEVERE

- Symptoms include difficulty breathing, slow heart rate, swelling, and more
- If not correctly managed quickly, it can lead to death



## S.O.S

- Requires epinephrine to manage (benedryl is not sufficient)
- Medical admission to the hospital is strongly advised with or without epinephrine
- Using an Epinephrine Injector is not intuitive



## SCARY

- Most people have never used an epinephrine injector
- Near-death experiences are difficult to manage
- Most people are not equipped to handle medical emergencies

## Who Should Get Certified?

Anyone in our community is welcome to get certified. Since food is a vehicle for expressing friendship and is often shared among children, we believe it is critical for any adult who is supervising children to be knowledgeable about anaphylaxis and how to use an epinephrine auto-injector (EAI).



## Why Should We Get Certified?

Off duty EMS professionals and lay-rescuers should get certified because we never know when we are going to be in a situation where an individual is experiencing an anaphylactic reaction. We need to ensure our community is prepared and well equipped to support those who suffer from anaphylaxis.

Upon completion of Food Allergy Institute's EMSA approved Epinephrine Auto Injector Training Program, individuals are able to apply for an *Epinephrine Certification* through EMSA. Those who carry an Epinephrine Certification are able to obtain a prescription for epinephrine auto-injectors (EAI). This will allow them to administer epinephrine to a person experiencing anaphylaxis while also providing them with civil liability protection.

# How to Receive a Prescription for Stock Epinephrine



Upon completion of the *Epinephrine Certification*, issued by EMSA, California state law allows physicians to prescribe epinephrine auto-injectors (EAI) to businesses and the general public.

To obtain an *Epinephrine Certification*, an individual must have the following:

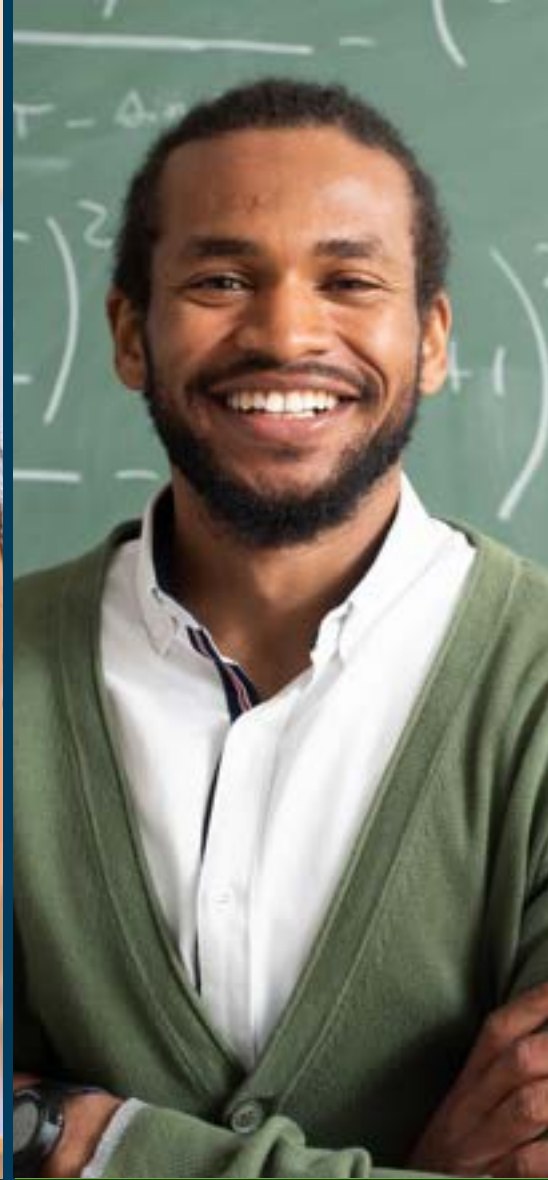
- Proof of completion of an EMSA approved Epinephrine Auto-Injector Course
- Proof of completion of of CPR and First Aid for Adults, Children, and Infants
- Proof of completion of an EMSA-Approved Epinephrine Training Program (Completion of Food Allergy Institute EAI Training Course)
- Check or money order in the amount of \$15.00, made out to “Specialized First Aid Fund”
- Complete an *Epinephrine Certification* application via EMSA’s website: [https://emsa.ca.gov/epinephrine\\_auto\\_injector/](https://emsa.ca.gov/epinephrine_auto_injector/).

## What if I am a School Nurse Looking for a Stock Epinephrine Prescription?

All school nurses looking for more information on how to receive a prescription for their school to have stock epinephrine, please email [eaitraining@foodallergyinstitute.com](mailto:eaitraining@foodallergyinstitute.com) .

The EMSA approved Epinephrine Auto-Injector Training courses **does not allow** for school nurses to receive stock epinephrine. This is because the course does not allow for schools or administrations to have stock epinephrine prescriptions written for *their school or school district* - only specifically for *the individual* completing the course.

Although the individual will have stock epinephrine in their name, this does not fulfill the legal requirement for school district to provide emergency epinephrine auto-injectors to school nurses or other trained personnel per California Education Code (EC) Section 49414, as amended by Senate Bill 1266, effective January 1, 2017.



# Contact Us for More Information

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Please include your name & phone number in all email communications.