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Health Education Programme On Children Allergy Is Important To Prevent Potentially Fatal Type Of Allergy -Anaphylaxis

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Introduction

Many children in HK have allergic diseases and the rate of the potentially fatal type of allergy, i.e. anaphylaxis, is high (700/100,000 of the population aged 14 years or less). The allergy service to children is said to be fragmented and the knowledge on food allergy is also very limited. Therefore, a comprehensive multidimensional health education programmes are important to prevent potentially fatal type of allergy -anaphylaxis.

Objectives

A comprehensive multidimensional health education project on “Protect our children from allergy” organized by Paediatric Department of Yan Chai Hospital were started in 2011 and covered three main aspects of health education programmes:

- 1) The community health projects including school health talks and a propaganda day to general public were launched in 2011.
- 2) Health education programme on management of anaphylaxis targeted to school teachers and student nurses were provided since 2013
- 3) Comprehensive health education programme on management of anaphylaxis and use of adrenaline auto-injector rovided to our patients’ families since 2012.

Methodology

A survey was done to evaluate the knowledge enhancement and satisfaction of the education talks. The emergency admission rate of paediatric patients with diagnosis of anaphylaxis were analyzed from 2012 to 2014.

Result

430 participants attended the health talks. 400 questionnaires were collected at the end of the talks. 91 % agreed that the contents were useful in daily life. 87 % recognized the importance of the food allergy. 60 Teachers and 20 school nurses and 18 student nurses attended the talks for anaphylaxis and adrenaline auto-injector

training programme . Among them , 95 % understood the principles of food allergy and the management. 75 patients' families had attended the education programme on adrenaline auto-injector training programme since 2012 .100 % of the participants understood the principles of anaphylaxis and the acute management in the assessment.

The emergency medical re-admission rate into Yan Chai Hospital of those patients attending paediatric allergy service due to anaphylaxis has dropped from 4% in 2012 to 1.8 % in 2014.

Conclusions :

The problem of food allergy , especially on anaphylaxis could be better handled after the introduction of the multidimensional health education programme .Such improvement with less readmission rate has been shown in this study .