

The logo for ASCIA (Australasian Society of Clinical Immunology and Allergy Inc.) features the word "ascia" in a bold, blue, lowercase sans-serif font. Above the letter 'i' is a stylized orange and red graphic consisting of a cluster of dots that tapers into a thin line, resembling a splash or a trail of particles.

australasian society of clinical immunology and allergy inc.

# Education Resources Report

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# Introduction

## A BRIEF HISTORY

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In 1999 ASCIA first developed a range of web based education resources as a service for patients and consumers that provided accessible, accurate, consistent and current information, at no charge.

This was closely followed by the development of several position statements, guidelines and action plans for ASCIA members and other health professionals to access.

In 2009, ASCIA embarked on developing web based e-training courses, in response to a growing need for accessible, accurate and consistent education, particularly in the area of anaphylaxis. Since ASCIA anaphylaxis e-training for schools and childcare was released in March 2010 there have been more than 100,000 registrations for these courses.

In 2013, to meet the challenge of increasing demand for education, ASCIA now has a large range of web based educational resources that are all available at no charge on the ASCIA website ([www.allergy.org.au](http://www.allergy.org.au))

1. **ASCIA training courses** for health professionals, community, school and childcare staff
2. **ASCIA information for health professionals** including action plans, guidelines, position statements and Information papers
3. **ASCIA information for patients, consumers, school and childcare staff.**

## FUNDING AND CONTENT

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ASCIA is a not-for-profit professional medical society. As a non-government organisation, ASCIA's educational activities are dependent on members donating their unpaid time for resource development, funding derived from membership fees, small educational grants from some state governments for specific projects and unrestricted educational grants from industry.

Providers of unrestricted educational grants have no input into resource content or development.

ASCIA does not currently (in 2013) receive any funding from the federal Australian government nor from the New Zealand government.

## DEVELOPMENT AND REVIEW PROCESS

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All ASCIA educational resources (including e-training courses) are developed through an extensive and rigorous consultation process involving ASCIA committees, working parties and end users, followed by a review process involving the entire ASCIA membership. They are based on expert opinion and the available published literature and regularly reviewed and updated to keep up to date with changes in medical practice and published studies.

ASCIA does not licence nor allow any of its web based educational resources to be hosted on other websites. To ensure that ASCIA web based educational resources (including e-training courses) are accurate, provide consistent information and are accessible throughout Australia and New Zealand, they are only available from the ASCIA website [www.allergy.org.au](http://www.allergy.org.au) at no charge. By linking to the ASCIA website it ensures that only current versions are being accessed, as resources are regularly updated based on changes in the medical literature and expert reviews.

# ASCIA training courses

## BACKGROUND INFORMATION

ASCIA e-training courses have been developed based on need, particularly where access to training is lacking or information is inconsistent. These courses aim to provide training that is:

- **Accurate** - evidence based, expert reviewed, annually updated;
- **Sustainable** – low cost to maintain;
- **Consistent** – provides consistent information throughout Australia and New Zealand;
- **Innovative** – developed to engage participants and in modular format for flexible completion;
- **Accessible** - available free of charge from the ASCIA website and can be completed at any time.

For all e-training courses, face to face (FTF) slides sets have been developed in parallel to support the provision of consistent FTF education. These slide sets are available, upon application to [projects@allergy.org.au](mailto:projects@allergy.org.au) to Full ASCIA members, Associate ASCIA members involved in the development and other Associate ASCIA members by application.

The process of development for ASCIA training courses has included:

- A needs assessment by the relevant ASCIA working party or committee;
- Funding obtained from regional Health/Education Departments and unrestricted grants from industry;
- e-training subcommittee established;
- Resources obtained from ASCIA members, regional Health/Education Departments, industry;
- e-training/FTF course materials drafted and piloted;
- Development meeting held when required;
- Extensive consultation process with both ASCIA members and stakeholder organisations.

## ASCIA TRAINING COURSES

The e-training courses (and FTF slide sets) developed to date include:

### ASCIA anaphylaxis training for schools and childcare

[www.allergy.org.au/patients/anaphylaxis-e-training-schools-and-childcare](http://www.allergy.org.au/patients/anaphylaxis-e-training-schools-and-childcare)

- WA, NSW, QLD and Australasian versions are available.
- All childcare versions, both e-training and FTF, have been approved by the Australian Children's Education and Care Quality Authority (ACECQA) since September 2012.

### ASCIA anaphylaxis training first aid (community)

[www.allergy.org.au/patients/anaphylaxis-e-training-first-aid-community](http://www.allergy.org.au/patients/anaphylaxis-e-training-first-aid-community)

### ASCIA e-training for health professionals

[www.allergy.org.au/health-professionals/health-professionals-e-training](http://www.allergy.org.au/health-professionals/health-professionals-e-training)

- ASCIA anaphylaxis e-training for health professionals
- ASCIA anaphylaxis training for pharmacists
- ASCIA food allergy training for dietitians and other health professionals
- ASCIA immunotherapy training for health professionals
- ASCIA allergic rhinitis training for health professionals

## ASCIA information for health professionals

ASCIA has developed the following information for health professionals that is available on the ASCIA website at no charge:

- ASCIA Anaphylaxis Resources
- ASCIA Health Professional Information Papers
- ASCIA Action and Treatment Plans
- ASCIA Position Papers, Statements and Guidelines

### ASCIA ANAPHYLAXIS RESOURCES

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[www.allergy.org.au/health-professionals/anaphylaxis-resources](http://www.allergy.org.au/health-professionals/anaphylaxis-resources)

- **Australian Prescriber Anaphylaxis emergency management for health professionals wall chart:** ASCIA worked with Australian Prescriber to update their anaphylaxis wall chart to be consistent with the ASCIA anaphylaxis training for health professionals.
- **Anaphylaxis event record:** This template was developed in parallel with the ASCIA anaphylaxis training for health professionals as a means for both primary care physicians and patients to record appropriate information for provision to the clinical immunology/allergy specialist.
- **ASCIA Guidelines for adrenaline autoinjector prescription:** These Guidelines were reviewed and updated in 2012 incorporating 0.5mg adrenaline autoinjector devices.
- **ASCIA Guidelines for prevention of anaphylaxis in preschools, schools and childcare:** These Guidelines were recently updated to be consistent with the ASCIA anaphylaxis training for schools and childcare. The updated guidelines have been published in the Journal of Paediatrics and Child Health.
- **ASCIA Dietary avoidance for food allergy sheets:** For medical practitioners and dietitians to give to patients and carers to provide general information about dietary for the 9 most common food allergens.

### ASCIA HEALTH PROFESSIONAL INFORMATION PAPERS

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[www.allergy.org.au/health-professionals/hp-information/asthma-and-allergy](http://www.allergy.org.au/health-professionals/hp-information/asthma-and-allergy)

- **ASCIA Anaphylaxis health professional information paper:** This is based on ASCIA anaphylaxis e-training for health professionals and can be used as a handout or supporting document for the course.
- **ASCIA Food allergy – Nutritional management health professional information paper:** This is based on ASCIA food allergy e-training for dietitians and other health professionals and can be used as a handout or supporting document for the course.

## ASCIA ACTION AND TREATMENT PLANS

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[www.allergy.org.au/health-professionals/hp-information/asthma-and-allergy](http://www.allergy.org.au/health-professionals/hp-information/asthma-and-allergy)

ASCIA Action and Treatment Plans are all medical documents and therefore, must be completed and signed by the treating doctor (e.g. Immunology/Allergy Specialist, Paediatrician or General Practitioner).

- **ASCIA Action Plan for Anaphylaxis:** The original version was developed in 2003 and has been updated significantly since then, to be consistent with expert advice and the published medical literature. A revised version was released in 2013.
- **ASCIA Action Plan for Allergic Reactions:** A revised version was released in 2013.
- **ASCIA Action Plan for Eczema:** This plan should assist with optimal management of eczema.
- **ASCIA Action Plan for HAE:** This outlines the symptoms and treatment required for Hereditary Angioedema (HAE), including emergency management of severe symptoms.
- **ASCIA Allergic Rhinitis Treatment Plan:** This resource was developed in parallel with the allergic rhinitis training. It is intended for completion by clinical immunology/allergy specialists as well as primary care physicians (e.g. general practitioners and paediatricians) to provide to patients to assist them with managing their allergic rhinitis.
- **ASCIA Subcutaneous Immunotherapy (SCIT) Treatment Plan:** This resource was developed in parallel with the immunotherapy training. It is intended for completion by clinical immunology/allergy specialists to ensure safer provision of SCIT by primary care physicians (e.g. general practitioners) and nursing staff.

## ASCIA POSITION PAPERS, STATEMENTS AND GUIDELINES

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[www.allergy.org.au/health-professionals/papers](http://www.allergy.org.au/health-professionals/papers)

- **ASCIA HAE position paper:** This document has been developed to assist in the effective management of Hereditary Angioedema (HAE).
- **ASCIA Guidelines for influenza vaccination of the egg allergic individual:** These guidelines aim to provide guidance to medical practitioners regarding influenza vaccination in individuals with egg allergy.
- **ASCIA Position statement: Unorthodox techniques for the diagnosis and treatment of allergy, asthma and immune disorders:** While our ability to accurately diagnose and treat allergic disease has benefited from scientific understanding of what happens during an allergic reaction, a number of tests and treatments have been promoted in the absence of any scientific rationale. Some non-conventional approaches to disease also claim that various disorders unrelated to allergy have an immune basis. These tests and treatments have been shown to be unreliable when subjected to careful study. ASCIA advises against use of these tests for diagnosis or to guide medical treatment.
- **ASCIA Infant feeding advice:** This advice is intended to provide families in Australia and New Zealand with a summary of evidence based information on infant feeding, including an explanation as to why families may choose to introduce solid foods to their infants from 4-6 months (whilst breastfeeding) and not delay the introduction of potentially allergenic foods, to prevent allergy..

# ASCIA information for patients, consumers, school and childcare staff

## ASCIA ANAPHYLAXIS RESOURCES

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[www.allergy.org.au/health-professionals/anaphylaxis-resources](http://www.allergy.org.au/health-professionals/anaphylaxis-resources)

- **ASCIA Guidelines for prevention of anaphylaxis in preschools, schools and childcare:** These Guidelines were recently updated to be consistent with the ASCIA anaphylaxis training for schools and childcare. The updated guidelines have been published in the Journal of Paediatrics and Child Health.
- **ASCIA Dietary Avoidance for Food Allergy sheets:** These provide general information about dietary avoidance for 9 of the most common food allergens.
- **ASCIA anaphylaxis fact sheets for parents (translations available):** This fact sheet includes information about emergency treatment, what the treating doctor should provide, the role of the parent and the responsibilities of the child's school, preschool or childcare service.
- **Adrenaline autoinjectors for general use – information sheet:** This provides guidance on the use of adrenaline autoinjectors for general use that are not prescribed for an individual.
- **Adrenaline autoinjectors instructions (translations available) and videos:** This important information should assist in practicing how to correctly use adrenaline autoinjectors.
- **Adrenaline autoinjectors FAQ:** Frequently asked questions (FAQ) and answers about adrenaline autoinjectors are based on inquiries that have been received by, or forwarded to ASCIA since 2003, mostly from parents, patients, first aid providers, schools and childcare service staff. This document is regularly updated as new questions are received or new information becomes available.
- **ASCIA Action Plans for Anaphylaxis FAQ:** Frequently asked questions (FAQ) and answers about ASCIA Action Plans are based on inquiries that have been received by, or forwarded to ASCIA since 2003, mostly from parents, patients, first aid providers, schools and childcare service staff. This document is regularly updated as new questions are received or new information becomes available.
- **ASCIA First aid for anaphylaxis (translations available):** This document includes information required in an emergency and is available in English and 9 other languages. It should be used in conjunction with How to use EpiPen (also available in 9 other languages) or How to use Anapen documents

## ASCIA EDUCATION RESOURCES PATIENT INFORMATION

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[www.allergy.org.au/patients/ascia-education-resources](http://www.allergy.org.au/patients/ascia-education-resources)

ASCIA Education Resources (AER) is an ongoing education project that was initiated by ASCIA in 1999, to provide reliable and up to date information on immune disorders, accessible at no charge from the ASCIA

website. Information contained in AER documents is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner.

Each AER document is:

- Developed by ASCIA committees or working parties, then peer reviewed by the ASCIA membership.
- Based on expert opinion and the available published medical literature at the time of review.
- Developed without any funding from commercial sources and is not influenced by commercial organisations.
- Regularly reviewed by ASCIA and updated where necessary, to ensure that the content is up to date and consistent with the current published medical literature.

The main objectives of AER are to:

- Create greater awareness and understanding of allergy, asthma and immune diseases: their impact, and appropriate (medically and scientifically proven) management options.
- Help people recognise the symptoms of allergy, asthma and immune diseases.
- Inform people of medically and scientifically proven methods for assessment, treatment and prevention.
- Improve the quality of life for people with allergy, asthma or immune diseases.
- Assist patients and their doctors to make informed choices about management of immune disorders.

There are currently more than 60 AER titles available on the ASCIA website:

- About Allergy
  - Common myths about allergy and asthma exposed
  - Anaphylaxis
  - Glossary of allergy terms
  - What is allergy?
- Allergic rhinitis (hay fever) and sinusitis
  - Allergic conjunctivitis
  - Is it allergic rhinitis (hay fever)?
  - Nasal polyps
  - Pollen allergy
  - Pollen calendar - guide to common allergenic pollen
  - Sinusitis and allergy
- Allergy prevention
  - Allergy prevention in children
  - Infant feeding advice
- Allergy testing
  - Allergy testing
  - Unorthodox testing and treatment
  - What is causing your allergy
- Allergy treatment
  - Adrenaline for severe allergies
  - Allergen avoidance
  - Allergen immunotherapy
- Asthma and allergy
  - About asthma and allergy
  - Asthma issues: sport, travel, and pregnancy
  - Thunderstorm asthma
- Autoimmunity
  - Systemic lupus erythematosus (SLE)
  - Autoimmune diseases
- Food allergy
  - ASCIA dietary avoidance for food allergy
    - Cow's milk (dairy)
    - Egg
    - Fish
    - Peanut
    - Sesame
    - Shellfish
    - Soy
    - Tree nut
    - Wheat
  - Allergic and toxic reactions to seafood
  - Coconut allergy
  - Cow's milk (dairy) allergy
  - Food allergy
  - Food allergy - soy, wheat, egg
  - Management of food allergy
  - Peanut, tree nut and seed allergy

- Food other adverse reactions
  - Eosinophilic oesophagitis
  - Food intolerance
  - Food protein induced enterocolitis syndrome (FPIES)
  - Milk, mucus and cough
- Immune deficiencies
  - Common variable immune deficiency
  - Immunoglobulin replacement therapy
  - Primary immune deficiency diseases
  - Severe combined immune deficiency disease
- Insect allergy (bites and stings)
  - Allergic reactions to bites and stings
  - Jack Jumper Ant allergy
  - Tick allergy
- Medication allergy
  - Adverse reactions to alternative medicines
  - Allergic reactions to aspirin and other pain killers
  - Sulfonamide antibiotic allergy
- Other allergies
  - Alcohol allergy
  - Latex allergy
  - Pet allergy
  - Sulfite allergy
- Skin allergy
  - Angioedema
  - Contact dermatitis
  - Eczema
  - Orofacial granulomatosis
  - Urticaria (hives)

# ASCIA resources – current and future projects

## OVERVIEW OF MAJOR CURRENT AND FUTURE ASCIA PROJECTS

	2010	2011	2012	2013	2014	2015
Jan	AER patient information updated			Anaphylaxis SCC update Anaphylaxis first aid (community)	Anaphylaxis SCC update	Anaphylaxis SCC update AER information update
Feb	ASCIA Action Plan for Anaphylaxis updated				Anaphylaxis first aid (community) booklet	
Mar	Anaphylaxis e-training SCC	Anaphylaxis health professional (HP) e-training	Adrenaline autoinjector prescribing guidelines updated	Translated anaphylaxis fact sheet for parents		
Apr				Anaphylaxis PH updated		
May	ASCIA Action Plan for Eczema			Anaphylaxis prevention guidelines published		
June	ASCIA OFAC protocols updated					
July				Food allergy dietitians update		
Aug	Anaphylaxis e-training for pharmacists (PH)  Australian Prescriber anaphylaxis wall chart		ASCIA HAE position paper ASCIA Action Plan for HAE			
Sept	Influenza vaccine guidelines				AR e-training PH	Immunodeficiency e-training HP Eczema e-training HP
Oct	ASCIA Oral food allergen challenge (OFAC) protocols		Anaphylaxis HP information paper AR e-training HP IT e-training HP Subcutaneous IT treatment plan AR treatment plan		Food allergy e-training PH	
Nov	Food allergy e-training for HP and dietitians Dietary avoidance sheets			Food allergy PH	Food allergy (community)	
Dec				Anaphylaxis e-training HP updated Food allergy HP information paper Anaphylaxis Action Plans updated Dietary avoidance sheets updated Anaphylaxis fact sheet for parents		

AER = ASCIA education resources  
AR = Allergic rhinitis

HP = Health professionals  
HAE – Hereditary angioedema

IT = Immunotherapy  
SCC = Schools and childcare

## ISSUES FOR ASCIA TO CONSIDER IN THE FUTURE DEVELOPMENT OF EDUCATION RESOURCES

- Resources: Due to funding limitations, ASCIA's educational activities are dependent on members donating their unpaid time for resource development and the capacity of minimal employed staff.
- Funding: Long term financial sustainability of ASCIA education programs, in the absence of national government funding.
- Evaluation: ASCIA has limited means to assess the effectiveness of its education programs.
  - Evaluation/feedback – It is currently not feasible for ASCIA to fund evaluation projects and therefore ASCIA is reliant on participant feedback.
  - Pharmacist PhD project – An ASCIA member undertaking a PhD project is currently evaluating ASCIA anaphylaxis face to face and e-training for pharmacists. This will provide ASCIA with some indication of the effectiveness of its e-training resources in comparison to face to face education.

- Other education options such as vodcasts for HP e-training are planned for 2015 if funding is obtained.