



The **Anaphylaxis** campaign  
Helping people with severe allergies live their lives

## What allergy patients should expect from the NHS

- When presenting to the local surgery, with symptoms for the first time, the allergy patient should expect to see a doctor or nurse trained in the diagnosis and management of allergy
- The allergy patient should expect their doctor to be well versed on the practicalities of making a referral
- A quick referral is required by those patients whose allergies are complex, severe and potentially life threatening
- The GP should be trained well enough to make this decision
- Each child should be referred to a consultant paediatric allergist so that all issues relating to their health can be considered
- All patients should have access to a full allergy service and dedicated allergy teams
- All allergy patients need allergy care based on a personalised allergy plan which supports the day-to-day control and management of their condition
- In order to have an individual management plan, the health service needs to ensure adequate time is set aside for full discussion of symptoms, treatment, appropriate medication and trigger avoidance
- To avoid an overload of information on diagnosis, a series of appointments is appropriate
- All patients at risk of life-threatening allergies need to know that during any emergency, those responsible for their care are following locally agreed, standard emergency management protocols
- After any severe reaction every patient needs to be referred to a specialist in allergy irrespective of whether they have seen a consultant in the past
- ***Every patient suspected to be at risk of severe allergy should have at least one visit to a local, consultant allergist who provides a dedicated allergy service***

**If you feel you have not received adequate care and would like further information, please contact Mandy East on 01252 893850**

**[mandy@anaphylaxis.org.uk](mailto:mandy@anaphylaxis.org.uk)**