



ST JOHN'S COLLEGE  
UNIVERSITY OF CAMBRIDGE

# Emma Dellar

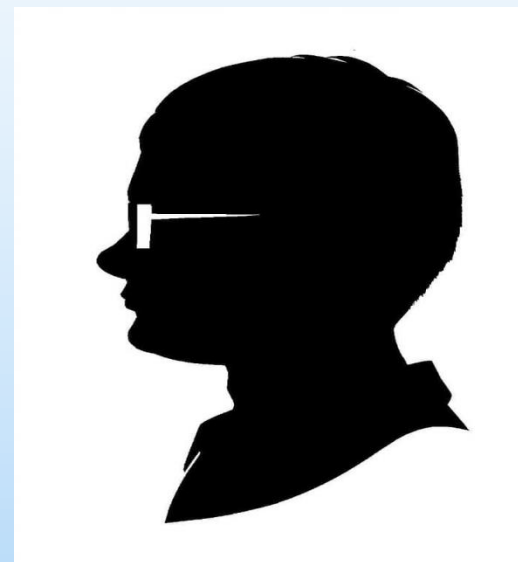
College Nurse, St John's College, Cambridge.

A Maverick Approach To Driving  
Institutional Change.





ST JOHN'S COLLEGE  
UNIVERSITY OF CAMBRIDGE





University of Cambridge founded in 1209.

There are approximately 11, 000 staff , in over 150 departments.

Members of both the University and Colleges are involved with the running of both the University and Colleges.

The University has its own Occupational Health and Health & Safety Depts. Colleges have their own structure, which includes College Nurses and Health and Safety Officers.

In 2016, just under 20,000 enrolled students in the University Collegiate System.

# Colleges

- 31 Cambridge Colleges. Peterhouse College founded in 1284 being the oldest. Robinson, the newest, founded in 1977.
- St John's was founded in 1511. First female students matriculated in 1982.
- Only 21 College Nurses - with some Nurses covering more than one College and two Colleges having more than one Nurse in post.
- Three Colleges do not have a College Nurse, so rely on students accessing local health services.

# College Nurses



First College Nurse.

St John's first nurse was appointed in 1935, by 1940 the College Nurse had the title of Matron.

Now, professional and autonomous Practitioners, having sole responsibility.



ST JOHN'S COLLEGE  
UNIVERSITY OF CAMBRIDGE

# Anaphylaxis Guideline history

## Death in a Cambridge College.

In 1998, Laura Thrasher an 18 year old student died at a Cambridge College.

Laura had a history of allergy but had not been tested as been advised it was not necessary, she therefore had not been given an AAI.

Laura exercised avoidance of nuts, due to her previous experiences.

However, sadly died having eaten a meal at her first formal hall dinner.



ST JOHN'S COLLEGE  
UNIVERSITY OF CAMBRIDGE

- In the 20 years to 2012 there was a 615% increase in the rate of hospital admissions for anaphylaxis in the UK (Turner PJ, 2015)
- Nut allergies....affecting some 1 in 50 primary school-aged children in the United Kingdom (Fleischer, et al., 2015) **(2%)**
- The overall case fatality ratio (the proportion of anaphylaxis that is fatal) is estimated at a fraction of 1%, or 1-5.5 fatal episodes from anaphylaxis per million of the population annually (Pawankar R, 2013)  
***The Anaphylaxis Campaign records note between 10-16 deaths a year since 2012***
- Anaphylaxis-type reactions occur in approximately 1 in 1000 of the general population (NICE 2014)  
***22 current students of St Johns in a population of just under a 1000 (2.19%)  
Anaphylaxis likely to effect 400 students of the 20,000 across the University***

# Young Adults

- Transition into adulthood
- Risky behaviour-trying foods to see if they react, especially if with people they know or an environment they feel safer in.
- New environment-peer influence
- Different foods
- Alcohol
- Sleep deprivation
- Nights out-used to parents intervention, now have to ask for themselves, size of devices
- Time frame from last reaction, seriousness of reaction
- Complacency-expiry dates, forgot to carry, do not have a plan
- Unease about self administration-fear of needles





ST JOHN'S COLLEGE  
UNIVERSITY OF CAMBRIDGE

# ANAPHYLAXIS CAN STRIKE ANYWHERE

34%

of young people  
DON'T always  
carry their  
Adrenaline  
Auto-Injector



Anaphylaxis  
Campaign

Supporting people at risk of severe allergies

#TAKETHEKIT

Visit the [www.takethekitcampaign.co.uk](http://www.takethekitcampaign.co.uk) to watch and share the film

<https://ctajournal.biomedcentral.com/track/pdf/10.1186/2045-7022-3-2?site=ctajournal.biomedcentral.com>

# Who is the guidance for?

- **Staff**-protection, identify and manage training needs, provide information, resources, internal support, confidence.
- **Students**-protection, provide information, give encouragement, support, advice, recommendations, create a plan.

**Promote discussion and awareness**

# First Aid 3 Principle's

- Preserve life
- Promote recovery
- Prevent deterioration

# Who was consulted:

Cambridge College Nurse Association (CCNA)

Queens' College

First Aid training providers

Resuscitation Council

Allergy Clinic Addenbrookes

Anaphylaxis Campaign

University Health and Wellbeing Committee

# Questions raised.

- Is adrenaline safe, can someone be allergic to adrenaline?
- Who can administer an AAI?
- What harm can be caused?
- What if the person does not have their own AAI?
- What if the casualty is not known to me?
- What if they have an inhaler?
- When should they go to hospital?
- What if I am not sure what is wrong?



ST JOHN'S COLLEGE  
UNIVERSITY OF CAMBRIDGE

# Changes along the way...

The UK's Medicines and Healthcare Products Regulatory Agency (MHRA) advised in June 2014 that anyone who is at risk of suffering anaphylaxis should always have two adrenaline injector devices immediately available for use (MHRA, 2014).

**ACTION: Version updated to reflect this.**

# Recognition of causes of Anaphylaxis

Food items: working to educate and inform catering departments of the 14 main food allergens

Research has shown that the greatest risk of cross-contamination occurs with snack foods (Brough et al, 2015).

- **ACTION: Catering departments interventions and training, many Colleges now have independent inspections.**



ST JOHN'S COLLEGE  
UNIVERSITY OF CAMBRIDGE

- Where we are now...

- Work to be done..

Commencing University can be a fun, intense, vibrant and stimulating experience but...

it can also be daunting, impersonal, over-whelming and challenging.



# A Maverick Approach

a person who takes an independent stand....

*souvent me souvient*      *Think of me often*

