

---

#### Overview

This standard is about a comprehensive discussion concerning the nature and degree of risk of exposure to allergens and consequences that may follow for an individual. Allergen avoidance is a serious and complex step to take. It involves negotiating an agreed strategy of allergen avoidance and what to do should allergen contact occur. It depends on a clear understanding of the evidence base underlying recommendations on allergen avoidance and is carried out after a clear diagnosis has been made.

Users of this standard will need to ensure that practice reflects up to date information and policies.

## SFHAL14

### Advise an individual on exposure to allergens

---

#### Performance criteria

*You must be able to:*

- P1 work proactively in partnership with the individual
- P2 ensure an accurate allergy diagnosis has been confirmed by allergy tests if allergen avoidance is contemplated
- P3 explain the cause of the individual's symptoms and the evidence for it
- P4 identify any misunderstandings in the individual's beliefs about their allergy
- P5 assess with the individual the risks they are exposed to in the full range of specific situations and their present response to that risk
- P6 help the individual understand the consequences of allergen exposure in terms of how much allergen they were exposed to, severity of symptoms, risk, effect on other conditions and the actions they will need to take
- P7 describe the methods and benefits of avoiding the allergen and optimally managing other conditions, informed by the evidence of the effects of allergen avoidance
- P8 agree steps the individual can take to minimise exposure and optimise treatment where environmental allergens are impossible to avoid completely
- P9 ensure the individual is able to identify potential risks of exposure to avoidable allergens and measures for avoiding them
- P10 inform the individual about any related or cross reacting substances that need to be avoided based on a critical reading of current findings and evidence
- P11 liaise with the individual's community network to ensure support for the individual in avoidance and management
- P12 provide clear, written, complete advice on avoiding the allergen that supports the verbal advice
- P13 offer information on how to access and use reliable information and support to increase the individual's awareness and understanding of allergy

## SFHAL14

### Advise an individual on exposure to allergens

---

#### Knowledge and understanding

*You need to know and understand:*

- K1 common allergic conditions and their presentation
- K2 common allergic conditions and their manifestations in multiple organ systems
- K3 severe allergic conditions, their development and risks
- K4 the influence of an individual's environment on allergy
- K5 current guidelines on allergy diagnosis and management
- K6 knowledge of recent developments in the diagnosis and management of allergic and pseudo-allergic diseases
- K7 risk assessment for allergic conditions in typical and unusual settings
- K8 current findings and evidence on cross reactivity of substances
- K9 the evidence base and guidelines on allergen avoidance
- K10 algorithms on disease management
- K11 how to negotiate effectively with individuals

## SFHAL14

Advise an individual on exposure to allergens

---

### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

## SFHAL14

Advise an individual on exposure to allergens

---

<b>Developed by</b>	Skills for Health
<b>Version number</b>	1
<b>Date approved</b>	June 2010
<b>Indicative review date</b>	June 2012
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating organisation</b>	Skills for Health
<b>Original URN</b>	AL14
<b>Relevant occupations</b>	Health, Public Services and Care; Healthcare and Related Personal Services
<b>Suite</b>	Allergy Services
<b>Key words</b>	Cross reactivity, information