



Kids Acquiring Responsibility for Allergies Treated with Epinephrine (KARATE)

Dear Parent/Guardian,

August 2019

Barrington 220 Nurses are implementing a newly designed program to assist students in the management of anaphylaxis. Our new program is called **KARATE**, an acronym for **K**ids **A**cquiring **R**esponsibility for **A**llergies **T**reated with **E**pinephrine.

The goals of KARATE are for students ***to carry their life saving Epinephrine in all environments so that it is available for use by a trained adult, and ultimately to be independent with Epinephrine Auto-injector (EAI) acquisition, maintenance, and administration.***

Why? Research tells us that the majority of anaphylactic reactions occur outside of the school setting, more so during adolescence and young adulthood, and that timely and correct administration of epinephrine saves lives. These goals should be attained by the end of high school, so students can independently manage their life threatening allergies.

KARATE is a level- based system that guides students and families towards independence with Epinephrine auto-injector (EAI), by meeting developmentally appropriate goals.

- Each level, or “belt” (defined by the colors white, yellow, blue, and black - just like karate belts) includes a suggested target age range, responsibilities for parents and educational goals and responsibilities the student must demonstrate to graduate to the next belt.
- We understand that students respectfully vary in their developmental needs and self-responsibilities. The different “belts” were developed with targeted age ranges/ developmental levels in mind. Students may progress through the four belts at a faster or slower rate.

Getting Started:

- 1. Complete the KARATE Survey for your child and return the completed form to your school nurse. The responses to the questions will determine your child’s belt level.**
- 2. A KARATE Survey will be completed by your child at school. The school nurse will initiate student survey with your child.**
- 3. Responses will be reviewed by the nurse and a belt level determined, then shared with student and parent/guardian for agreement.**
- 4. Nurses, students, parents and teachers will work together to support goals for independence with EAI and anaphylaxis management.**

Learn More

- 1. Review the KARATE Research and Rationale document**
- 2. Review the KARATE Action Plan Goals for the KARATE Belt Levels**