

Paediatric Food/Drug Challenge Competency:

Nursing and Medical

1. Purpose

The purpose of this competency framework is to ensure the safe, consistent, and effective care of children undergoing food and/or drug challenges. It defines the knowledge, skills, and behaviours required for clinicians to undertake or supervise these procedures

All competency assessments must be completed and signed off by a designated senior nurse or medical practitioner who is experienced in food and/or drug challenges

2. Target group

This competency applies to nurses and medical practitioners involved in the delivery or supervision of paediatric food and/or drug challenges within the service

2. Pre-requisite requirements

Prior to undertaking competency assessment, clinicians must provide evidence of completion of the following:

- [ASCIA Food allergy e-training for health professionals](#)
- [ASCIA Anaphylaxis e-training for health professionals](#)
- Current Life Support (CPR) certificate

Recommended: regular refresher training, having completed the above:

- [ASCIA Anaphylaxis refresher e-training for health professionals](#)

Requirements for drug challenges:

- [Drug \(Medication\) Allergy Challenges Position Paper](#)
- [ASCIA Drug \(medication\) allergy e-training for health professionals](#) (under development)

4. Policy, guidelines or procedures aligned

This competency framework aligns with:

- Health New Zealand - Te Whatu Ora as per local policies for food and drug challenges
- [Allergy - food challenges at Starship](#)
- Australasian Society of Clinical Immunology and Allergy Food Challenge Protocols
- Local informed consent policies. An example of [ASCIA consent for food challenges](#) and [ASCIA Antibiotic Allergy Challenges](#)
- Consensus statement by Paediatric Society Allergy Nurse Specialist Interest Group 2026:
 - A nurse to patient ratio of 1:2 (one nurse for every two patients) is recommended to ensure continuous supervision and immediate response to potential anaphylaxis



5. Learning Resources

The following resources support competency development:

- [Management of Anaphylaxis in the Inpatient Setting 2019](#)
- [ASCIA Action Plan Anaphylaxis EpiPen 2026.pdf](#)
- [ASCIA Action Plan Allergic Reactions 2026.pdf](#)
- [ASCIA Action Plan Drug Allergy 2026.pdf](#)
- [NZCYCN Starship Clinical Guideline Food Allergy 2020](#)
- [ASCIA Food Allergen Challenges FAQ 2024](#)
- [ASCIA Antibiotic Allergy Challenges FAQ 2024](#)
- [ASCIA Drug \(Medication\) Allergy Fast Facts 2023](#)
- [ASCIA fast facts about Food allergy 2023](#)
- [AAAAI-EAACI PRACTALL: Standardizing oral food challenges—2024 Update Stop Criteria](#)
- [Beyond Reactions Resources, Allergy Support Hub, ASCIA.](#) (view page 18)
- [ASCIA Signs and symptoms of allergic reactions](#)
- [ASCIA Allergy and Anaphylaxis 2026](#)

6. Performance Criteria

The clinician must demonstrate:

- Knowledge of food and drug allergy, including indications for challenge
- Knowledge of allergic reactions and anaphylaxis, including recognition and escalation
- Knowledge of treatment protocols, including correct medication selection and dosing
- Understanding of local policies and procedures for food and drug challenges
- Competency in focused history-taking and clinical assessment
- Competency in performing or supervising food and drug challenges
- Ability to educate patients and caregivers, including use of adrenaline auto-injectors
- Ability to provide appropriate discharge planning and documentation

7. Criteria for successful completion of assessment

To achieve competency, the clinician must:

- Demonstrate all required knowledge and skills outlined in this document
- Provide evidence of completion of prerequisite training
- Be directly observed performing food and/or drug challenges by an approved assessor
- Successfully manage or appropriately respond to an allergic reaction

8. Assessment: Food and/or drug challenge

Name _____

Area of practice: _____

Clinical Knowledge	Initial	Feedback
The clinician demonstrates knowledge of: • Indications for food and/or drug challenges • Contraindications to proceeding with a challenge on the day • Food and drug challenge protocols and escalation pathways • Recognition of allergic reactions, including early and evolving symptoms • The Practall stop criteria and it's clinical application • Principles of anaphylaxis management in accordance with local policy and ASCIA guidelines • Safe medication practices, including dosing and routes of administration		
Clinical Skills		
The clinician demonstrates the ability to: • Undertake focused allergy history and clinical assessment • Perform pre-challenge assessment, including identification of contraindications • Prepare and administer food and/or drug doses in accordance with prescribed protocols • Prepare emergency equipment and medications prior to challenge commencement • Monitor patients throughout the challenge and recognise early signs of reaction • Apply and interpret challenge stop criteria appropriately • Initiate timely and appropriate management of allergic reactions • Accurately document all aspects of the challenge		
Patient Safety and Escalation		
The clinician demonstrates: • Adherence to local policies and guidelines for anaphylaxis management • Appropriate and timely escalation of care in response to clinical deterioration • Safe medication administration practices • Maintenance of appropriate supervision ratios and continuous patient observation		

Communication and Education		
The clinician demonstrates ability to: • Obtain informed consent in accordance with local policy • Communicate clearly and effectively with patients and caregivers throughout the challenge process • Provide education on: ○ Recognition and management of allergic reactions ○ Correct use of an adrenaline auto-injector ○ Post-challenge dietary or medication instructions • Provide clear discharge advice and documentation • Update ASCIA action plans as required		

Assessor: _____

Date: _____

Recommendations: