

ANAPHYLAXIS PROTOCOL

THIS IS A LIFE-THREATENING EVENT

HISTORY

- Question known allergies, symptoms.

PHYSICAL ASSESSMENT

- Vital signs
- Mouth- itching, tingling, swelling of lips, tongue, mouth, "metallic taste"
- Throat – itching and/ or tightness in throat; hoarseness; hacking cough
- Skin – hives, itchy rash, and/ or swelling of face or extremities
- G.I. – nausea, abdominal cramps, vomiting and/or diarrhea
- Lungs – SOB, repetitive coughing, and/ or wheezing, "air hunger"
- Heart – thready pulse, fainting, drop in BP, loss of consciousness
- General – feelings of anxiety, panic, sense of impending doom

Triage/Nursing Intervention

For a student with known history of anaphylactic allergy, with no physician orders

1. If exposure to an allergen is **suspected but no symptoms are present**, administer **liquid diphenhydramine** according to the following dosages:

Under 66 pounds (30 kg)	10 cc (25 mg)
Over 66 pounds (30 kg)	20 cc (50 mg)

(Give nothing by mouth if unconscious or unable to swallow).
2. If **any symptoms of severe allergic reaction are present or develop**, administer **epinephrine immediately**.

For a student with no known history of anaphylactic allergy

1. If student has acute onset of diffuse, progressive hives or rash, administer **liquid diphenhydramine** as noted in previous box.
2. **If any throat, heart, or lung symptoms are present, assess airway, breathing, and circulation and begin CPR as necessary. Administer epinephrine immediately.**
3. **If symptoms involve 2 or more body systems, assess airway, breathing, and circulation and begin CPR as necessary. Administer epinephrine immediately.**

3. **Select auto-injector epinephrine dose and administer intramuscularly as follows (directions below):**
Under 66 pounds (30 Kg) Use auto-injector **epinephrine** Junior (0.15 mg)
Over 66 pounds (30 Kg) Use auto-injector **epinephrine** Adult (0.3 mg)
4. **Activate EMS – Notify dispatcher that this is an anaphylactic reaction.**
5. **Notify parent/guardian.**

Directions for use of Epi-pen auto-injector

- Pull off gray safety cap.
- Place black tip on thigh at right angle to leg. Always give in the antero-lateral aspect of the thigh (outside of the mid-thigh). (May be administered through clothing.)
- Press firmly into thigh until auto-injector mechanism clicks, and hold in place for several seconds.
- Remove the injector and discard in biohazard container.
- Massage the injection area for 10 seconds.

Directions for use of Twinject auto-injector

- Open gray protective sleeve.
- Pull off green and red safety caps.
- Place black tip on thigh at right angle to leg. Always give in the antero-lateral aspect of the thigh (outside of the mid-thigh). (May be administered through clothing.)
- Press firmly into thigh until auto-injector mechanism clicks, and hold in place for several seconds.
- Remove the injector and discard in biohazard container.
- Massage the injection area for 10 seconds.

Anyone receiving epinephrine must be transported by paramedics for continued medical care.**After administering epinephrine auto-injector**

- Observe and record pulse, respirations, blood pressure, mental status, and skin color every five (5) minutes until 911 personnel arrive. Observe for shock and breathing difficulties. Record on Emergency Transport Form (BEBCO 1343).
- If not yet administered, give **liquid diphenhydramine** per above dosage chart if student is able to swallow.
- Assist student to a comfortable position. Elevate legs. Loosen restrictive clothing. Promote relaxation in a quiet environment.
- Stay with student until 911 personnel arrive and assume care responsibilities.

If symptoms of anaphylaxis persist after epinephrine is given, an additional injection of epinephrine may be given 10 minutes after the first dose if the appropriate dose is available:

Under 66 pounds (30 Kg) Give auto-injector epinephrine junior (0.15 mg)

Over 66 pounds (30 Kg) Give auto-injector epinephrine adult (0.3 mg)

There are no absolute contraindications to the use of epinephrine in a life-threatening situation.

Only the first dose may be given from the Twinject auto-injector. A new auto-injector epinephrine of the equivalent dose should be used for the second dose, if needed.

Follow-up

- Document nursing assessment and interventions, as well as any follow-up information.
- Develop Individualized Healthcare Plan, if needed.

Health Education

- Instruct parent/guardian to have student report to Health Suite when returning to school.
- If parent/guardian has not done so, inform the parent/guardian that the student's primary health care provider should be notified about the anaphylactic reaction and the suspected cause. As needed, follow-up with the health care provider to verify the student's sensitivity to any suspected allergen.
- Obtain order for future administration of auto-injector epinephrine.
- Establish preventive/emergency measures to be followed at school.
- Recommend to the parent/guardian that the child wear an identification bracelet indicating allergy.

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