

Anaphylaxis Treatment

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Definition

- Anaphylaxis is a rapidly developing allergic reaction which has the potential for fatality.

Anaphylaxis: What To Do.....

and When To Do It.....

- Who is at risk?
- How do we know it is anaphylaxis?
- How can it happen?
- What should we do?
- What follow-up issues are critical?

How can it happen?

Accidents Are Never Planned

?

- Emergency medications and a treatment plan must be immediately available and accessible at all times!



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- **BE PREPARED!!!**

- **(Not panicked)**



The Plan: Before

- Avoidance, read labels, use common sense
- Join local and national support groups
- Always carry Benadryl, epinephrine, Mom's and allergist's contact information



The Plan: During

- If accidental exposure is suspected, and reaction is minimal (or nothing):
- Benadryl 1-2mg per kg
- Call Mom and Allergist



The Plan: During

- If reaction is progressing (covered in hives, cough, wheeze, any suspicion of “throat”) or if you think the reaction is progressing:
- Epinephrine (Dose?)
- 911

**When in Doubt,
Inject Epinephrine!**

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Epi Jr: 15 kg (33 lbs)

Epi: 30 kg (66lbs)

Child Weighing 29 kg:

Which epinephrine auto-injector dose is best –
0.15 mg or 0.3 mg?

What about 28 kg?

27?

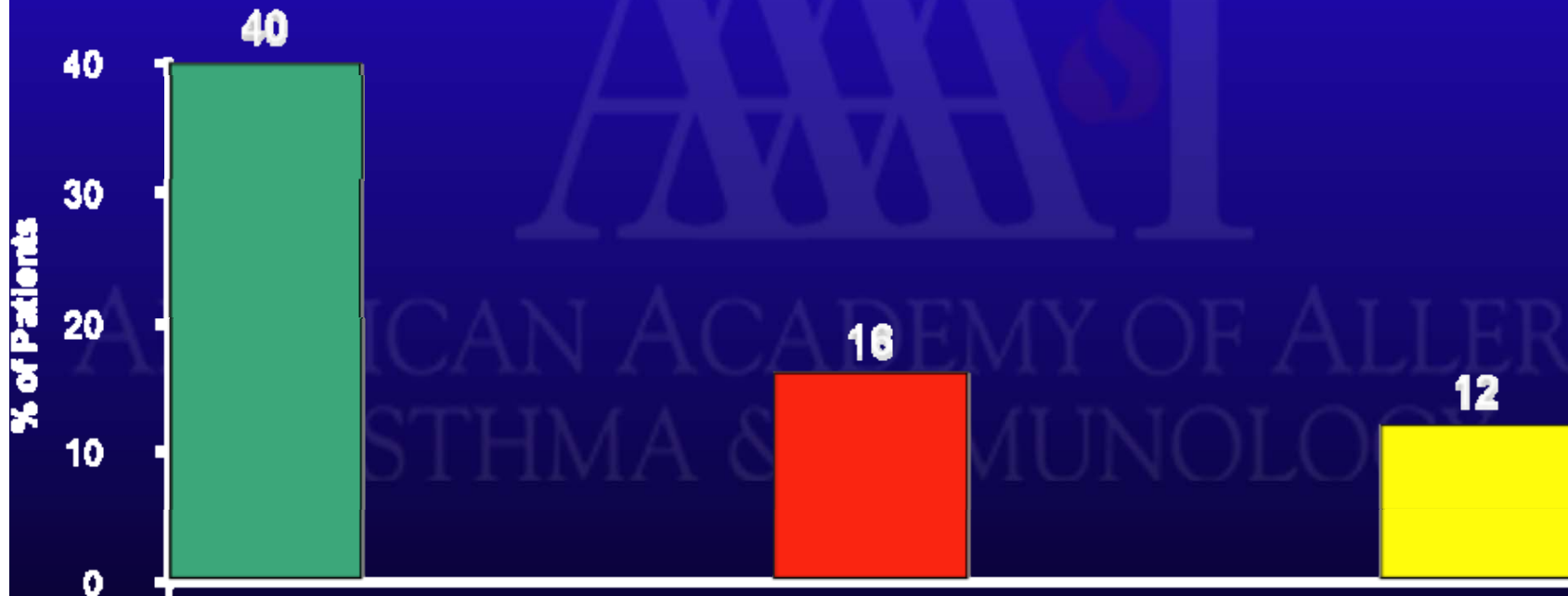


Inadequate Knowledge of Epinephrine Usage

- Healthcare professionals and patients have inadequate knowledge about outpatient use.
- - 76% of physicians are unaware that two EpiPen dose formulations exist!
- - Only 55% of patients at risk have in-date auto-injectors on hand!
- - Only 30%-40% know how to use auto-injectors correctly!

Grouhi M et al. J Allergy Clin Immunol 1999; 104:190-3; Sicherer SH et al. Pediatrics 2000; 105:359-62;
Huang SW. J Allergy Clin Immunol 1998;102:525-6

Inadequate Management Post ER for Food Anaphylaxis



Outdated Epinephrine Loses Efficacy

- As time passes, percent of labeled dose and epinephrine bioavailability are reduced.
- Improper storage and exposure to sunlight and heat increase degradation.
- Degradation often occurs without a color change in the epinephrine solution.

The Plan

- Avoidance, read labels
- Join local and national support groups
- Always carry Benadryl, epinephrine, Mom's and allergist's contact information
- Benadryl 1-2mg per kg, call Mom and Doc
- Epinephrine, 911
- **The more important part**
- **Find the cause!!!**
- **INGREDIENT LIST OF MEAL**

3 R's of An Anaphylaxis Emergency Action Plan

- **Recognize** symptoms early
- **Respond** quickly
- **Review** what caused the reaction

