

# ALLERGIC REACTION & ANAPHYLAXIS

## ALS

ALWAYS USE STANDARD PRECAUTIONS

### INDICATION

- Urticaria, wheezing or signs and/ or shock after exposure to common allergens (stings, drugs, nuts, seafood, medications)

### 📞 PHYSICIAN CONSULT

- If SBP < 80, obtain physician consult for **Push-dose Epinephrine**

### CRITICAL INFORMATION

- Respiratory: wheezing, stridor, respiratory distress
- Skin: itching, hives, rash
- Symptoms indicating early shock such as nausea, weakness, anxiety
- Past history of severe allergic reactions and hospitalizations

### TREATMENT

- Mild: hives, rash
  - ALS RMC
  - **Benadryl** 50 mg IM/IV
- Moderate: hives, rash, mild bronchospasm/ wheezes, normotensive
  - ALS RMC
  - **Benadryl** 50 mg IM/IV
  - **Epinephrine** 0.3mg IM (1mg/ml concentration); MR x 1 in 5 minutes
  - **Albuterol** 5 mg/6 ml NS via HHN, if indicated for respiratory symptoms
- Severe (Anaphylaxis)
  - ALS RMC
  - Treat dysrhythmias per appropriate protocol
  - High flow O<sub>2</sub>; advanced airway as needed
  - **Epinephrine** 0.3mg IM (1mg/ml concentration); MR x 1 in 5 minutes
  - Large bore IV and fluid challenge 250-500 ml; MR
  - 📞 If SBP < 80 obtain physician consult for **Push-dose Epinephrine**:
    - Mix 1mL Epinephrine (0.1mg/mL concentration) with 9mL Normal Saline in a 10mL syringe
    - Administer Push-dose Epinephrine 1mL IV/IO every 3-5 minutes
    - Titrate to maintain SBP >80mmHg
    - Monitor blood pressure every five minutes
  - If unresponsive/ no palpable BP /no palpable pulse: go to Cardiac Arrest Policy, GPC
  - **Albuterol** 5 mg/ 6ml NS via HHN, repeat if indicated
  - **Benadryl** 50 mg IV/IO/IM
  - If hypotension persists after two fluid challenges. Monitor BP every five (5) minutes.

### SPECIAL CONSIDERATION

- **Epinephrine** may cause anxiety, tremors, palpitations, tachycardia, and headache in the elderly (> 50yrs), and may precipitate AMI, hypertensive crisis and dysrhythmias.
- Edema of any of the soft structures of the upper airway may be lethal. Frequently assess and prepare for early intubation.

### DOCUMENTATION- ESSENTIAL ELEMENTS

- Pulse oximetry
- Level of distress (mild, moderate, severe) & associated respiratory distress findings