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 O2; 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