

Anaphylactic Shock

Definition:

Anaphylactic shock is a brutal allergic reaction that may happen after an insect or bug bite, after eating certain allergic foods or taking any medication that may cause an allergy. The reaction is fast and can be developed within seconds or minutes.

During an anaphylactic effect, substances are released into the blood; blood vessels become dilated which cause blood pressure to fall. Air passages then constrict resulting in breathing difficulties. The tongue and throat can swell, obstructing the airway.

A person with anaphylactic shock needs urgent medical help as this can be fatal.

Signs and symptoms:

- Anxiety
- Breathing difficulties and wheezing
- Red skin or itchy rash
- Swollen face, neck, hands and feet
- Swelling of tongue and throat
- Puffiness around the eyes
- Tachycardia
- Abdominal pain
- Vomiting and diarrhea

Treatment:

If you expect a person is suffering from anaphylactic reaction follow the steps below:

- Call the Red Cross 140
- Verify if the patient has any medication because people who suffer from this condition have adrenaline with them, often in a pre-loaded syringe called an auto-injector. You can help him/her in administering the medication or, if trained to do so, administer it yourself.
- Help the person into a sitting position to relieve any breathing problems or difficulties.