



ANAPHYLAXIS

DEALING WITH ANAPHYLAXIS AT SCHOOL



ANAPHYLAXIS



- ▶ A life threatening allergic reaction that may involve multiple body systems including the skin, breathing, heart, stomach and head.
- ▶ Symptoms can occur within minutes to two - four hours after contact with an allergen.
- ▶ A medical emergency that requires immediate intervention and treatment.
- ▶ Anaphylaxis can be fatal.
- ▶ Anaphylaxis often has an identifiable cause.



Common causes

- ▶ Food allergies: most common include milk, eggs, peanuts, tree nuts, shellfish, wheat, soy.
- ▶ Food allergies are the leading cause of anaphylaxis in children. Children who have asthma and food allergies are a greater risk for anaphylaxis and may often react more quickly requiring aggressive and prompt treatment.
- ▶ Medication
- ▶ Insect stings
- ▶ Latex
- ▶ Unknown cause

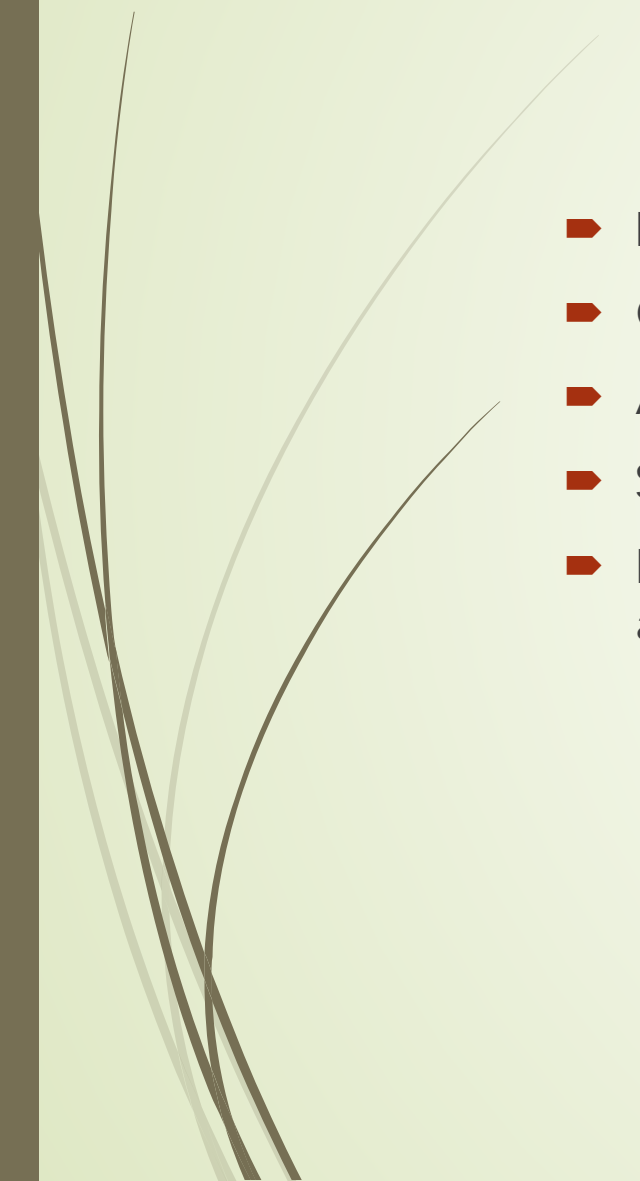


SIGNS AND SYMPTOMS

- ▶ Skin: swelling of face, lips, mouth, tongue and throat. Rash, itching, burning.
- ▶ Respiratory: Difficulty swallowing, hoarseness, a person struggling to breath, making loud noises while trying to move air in and out of lungs.
- ▶ Gastrointestinal: Nausea, vomiting, cramping
- ▶ Nervous system: anxiety, dizziness, headache
- ▶ Cardiovascular: blue lips or face, low blood pressure, collapse of vascular system (low Blood pressure) this leads to shock and loss of consciousness



TREATMENT OF ANAPHYLAXIS

- ▶ IMMEDIATELY SEND SOMEONE FOR ASSISTANCE.
 - ▶ CLEAR AND SECURE THE AIRWAY AS NEEDED. OBSERVE FOR BREATHING
 - ▶ ASSESS LEVEL OF CONSCIOUSNESS
 - ▶ STAY WITH THE STUDENT, ELEVATE THEIR LEGS IF POSSIBLE.
 - ▶ Epinephrine is the emergency drug of choice for anaphylactic reaction and must be given immediately.
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What is Epinephrine?

- ▶ It is a hormone that is produced by all of us in the adrenal glands.
- ▶ It is often referred to as Adrenaline.
- ▶ The three major actions of epinephrine that are of critical importance in the treatment of anaphylaxis are:

Constriction of blood vessels.

Bronchodilator

Keeps blood pressure stable



EPINEPHRINE DOSAGE

- ▶ Epinephrine is dosed depending on an individual's weight:
- ▶ EpiPen Jr. (0.15mg IM(intramuscularly) for children weighing 33-66 pounds.
- ▶ Epi Pen (0.3mg IM for individuals weighing over 66 pounds.

- ▶ Epinephrine lasts for only about 15-20 minutes so 911 should be called immediately and they should be notified that epinephrine has been give. Those treated for anaphylaxis must be sent to an acute care facility even if the epinephrine is proving to be successful and their symptoms are disappearing.



HOW TO USE THE EPI PEN

Epi pens will come in a box and possible a plastic tube within the box.

1. Remove the epi pen.
2. Remove the gray or blue cap.
3. Put the tip on the outer side of the upper leg.
4. Push down and the medication will be injected. Count to 10 to make sure the medicine has gone in.
5. Dispose of the pen with the school nurse.



Important Points

- ▶ During a scheduled faculty meeting your school nurse will demonstrate the proper procedure for administering an epi-pen injection. You will be allowed to participate in the demonstration.
- ▶ After you have reviewed this power point and attended the demonstration please sign the roster provided by your school nurse.