

ANAPHYLAXIS PROTOCOL

DEFINITION:

A rare, extremely serious form of allergy, which may occur in persons not previously, known to be allergic or hypersensitive. The reaction ranges from mild, self-limited symptoms to rapid death and can occur within minutes or up to an hour after EXTREME sensitivity to one or more of the following causes:

CAUSES:

1. Insect sting, usually bee or wasp.
2. Medication or immunizations, usually by injection.
3. Food or pollen.
4. Industrial or office chemicals or their vapors.
5. Random causes (Idiopathic).
6. Exercise
7. Immersion in cold water.

PHYSICAL FINDINGS:

1. Sudden onset. Symptoms beginning within 15 minutes after exposure to inciting agent usually result in the more severe type of anaphylactic reaction.
2. Feeling of apprehension, sweating, weakness, chest tightness or labored breathing.
3. Feeling of fullness in throat.
4. Respiratory difficulty-wheezing or labored breathing.
5. Change in quality of voice, marked hoarseness or high-pitched squeak.
6. Tingling sensation around mouth or face, nasal congestion, swelling of tongue.
7. Integument reaction Hives and itching.
8. Low blood pressure with weak rapid pulse, which may cause loss of consciousness, shock, and coma
9. Vomiting and Severe Abdominal cramping.

LOCATION OF EPI-PENS:

Preschool: For children with allergies enrolled in preschool, their Epi-pens will remain in their individual classrooms. Secure but not locked. ALL preschool staff have been trained to recognize symptoms of anaphylaxis AND administer the Epi-pen if needed.

Day School (K2-8): For those with allergies requiring an Epi-pen in our day school, those Epi-pens are located in the nurse's office. Again, secure but not locked. The nurse's office is located on the first floor next to the girl's bathroom. All Epi-pens are stored in a bright, neon green epi-access case. There are two of them. These will be hanging on the wall, to your left as you walk into the nurse's office.

MANAGEMENT:

1. Immediate administration of the EPI-PEN AUTO INJECTOR with a specific order renewed annually by physician, parent and school nurse
2. School health office will stock Epi-Pens. Standing orders and Epi-Pens are on hand for first time reactions or non-diagnosed students. Only the schools Registered Nurse will be allowed to administer an Epi-Pen for first time reactions and non-diagnosed anaphylactic reactions.
3. Immediate call to EMERGENCY SERVICES (911) and evacuation to nearest medical facility.

A copy of patient's records should be sent with the EMS and should include:

- a. Medication or Allergen to which patient is reacting, if known.

- b. Signs and Symptoms of distress.
 - c. Emergency measures instituted.
 - d. Patient response to emergency measures.
 - e. Time of anaphylactic reaction, and time, dose and strength of medication.
 - f. Name of nurse and office phone number.
3. If reaction is known to follow an insect sting, see protocol "Sting".
 4. If student is still at school in 15-20 minutes, repeat dose of EPI-PEN.
 5. Monitor blood pressure. Elevate legs if blood pressure is low.
 6. Cover with blankets if necessary to keep warm; don't allow blankets to interfere with handling or observation.

REMEMBER:

- When in doubt, it is better to give the Epinephrine and seek medical attention. Fatalities occur when EPI-PEN administration is delayed.
- Epi-Pen should be given in the thigh muscle, and may be administered through clothing.
- Epi-pens should not be allowed to expire.
- Epi-Pen must be held in place for a full 10 seconds to ensure complete delivery of the drug.
- Epi-Pen effects wear off in 15-20 minutes. Give a second dose at this time if symptoms recur prior to arrival at the emergency medical facility
- 911 MUST be called if EPI-PEN is used.