Recognition and Treatment of Anaphylaxis
What is Anaphylaxis

- Anaphylaxis is a severe, life threatening allergic reaction to a substance which would normally be considered harmless.

- Anti bodies produced in response to triggers cause swelling, rash, breathing difficulties collapse. Fatalities can result quickly after contact.

- Incidence of anaphylactic reactions are increasing. On average there are around 20 deaths per year in the UK.
Anaphylaxis and its triggers

1. FOOD
   - SEAFOOD, NUTS, FRUIT, EGGS, DAIRY, COLOURING AGENTS
2. INJECTED
   - INSECT STINGS, DRUGS, CONTRAST MEDIA (USED IN X RAYS)
3. INHALED
   - POLLEN, DUST, SPORES
4. CONTACT
   - LATEX
SIGNS AND SYMPTOMS

- MILD
  - Flushed appearance
  - Rash
  - Anxiety
  - Headache
  - Nausea
  - Abdominal Pain

- MODERATE
  - Feeling of impending doom
  - Swelling
  - Difficulty breathing
  - Wheeze
  - Noisy breathing

These symptoms will come on quickly
SEVERE

- Swelling in the throat
- Oxygen starvation (may turn blue around face, lips or fingers)
- Decreased consciousness
- Respiratory arrest (stop breathing)
- Cardiac arrest (heart stops beating properly)
IMMEDIATE TREATMENT

- Remove trigger if appropriate eg sting. DO NOT MAKE VOMIT.

- Call an ambulance and state "CHILD IS HAVING ANAPHYLACTIC SHOCK"

- Lie child down with legs raised

- DO NOT sit them up this can cause cardiac arrest!

- Administer Auto Ejector eg EPIPEN as trained.

- Then, recovery position if unconscious.
Adrenaline

- The auto injector eg EPIPEN is given in the thigh muscle.
- When given early enough it will reverse symptoms within 1 minute.
- Repeat in 5 minutes if no improvement.
- In most cases of death, adrenaline has either not been given or given too late!!
Emergency Services

All children who have had an anaphylactic reaction should be followed up in hospital as 20% of children have a secondary reaction.
Points to consider

- Deter people from sharing food eg, tuck, celebration food, lunch
- Staff awareness including catering staff, people accompanying children on trips
- Potential teaching problems eg, cookery, science experiments, handling animal or bird food
CONSENT

- Must be sought to administer injection
- To talk to peers about child's allergy
- To seek co-operation from other parents when sending in foods that are a potential trigger to a child
- Keep a photo of their child in a staff room to enable easier identification
STORAGE AND DISPOSAL

- Auto-injectors should be kept in an easily accessible, safe location
- All staff should be aware of the location
- Once used DO NOT touch the needle
- Place in a rigid container for ambulance staff to dispose of
Finally

All children have a right to attend school and have their health needs met appropriately. Your school will be supported by your community health team, on an individual basis to help with care plans, support and advice.

Please contact your School Nurse if you have a child in school with an epipen and ensure you have a care plan in place.
Further Information

- www.resus.org.uk
- www.allergyfoundation.com
- www.asthma.org.uk
- www.eczema.org
- www.allergyadvice.co.uk
- www.allergiesinschools.org.uk
Questions

1. Describe briefly what anaphylaxis is.
   A. A severe life threatening reaction caused by coming into contact with a substance that would normally be considered harmless

2. Name the four ways a person can come into contact with a substance that can cause anaphylactic shock/reaction.
   A. Ingesting, inhaled, injected, skin contact
Questions

3. Which part of the body is the adrenaline administered.
   - A. The upper, outer, thigh muscle.

4. At which point do you contact the emergency services.
   - A. Immediately after giving the injection. It is advisable to shout for help and work in pairs. If this is not possible injection first then ambulance.
Questions 2

What is anaphylaxis?

A. A severe life threatening reaction caused by coming into contact with a substance that would normally be considered harmless

B. A severe life threatening reaction caused by coming into contact with a substance that would normally be considered harmful

C. A severe life threatening reaction that will go away if you raise the person's legs
Question 2

- What ways can a person come into contact with a substance that can cause anaphylactic shock/reaction.
  - A. ingesting
  - B. inhaled
  - C. injected
  - D. skin contact
Questions 2

- Which part of the body is the adrenaline administered.
  - A. The back of the hand
  - B. The upper, outer arm
  - C. The upper, outer, thigh muscle.
Questions 2

- At which point do you contact the emergency services.
  - A. Immediately after giving the injection.
  - B. After you have contacted parents.
  - C. After you have informed your head teacher of the incident