



EMERGENCY TREATMENT OF ALLERGIC REACTIONS AND ANAPHYLACTIC SHOCK

ALLERGEN

Please Specify

I. GENERAL INFORMATION

To recognize and relieve symptoms of allergic reactions.

- A. Purpose: To recognize and relieve symptoms of allergic reactions.
- B. Average allergic reaction is a hypersensitive state to a foreign substance (allergen), such as insect sting venom, certain foods, chemicals or drugs.
- B. Reactions may range from mild to life-threatening anaphylactic shock. Delayed reactions, such as joint pain, achiness, and localized redness and warmth may occur a few days later.

C. Signs and symptoms may include:

<u>Mild</u>	<u>Moderate/Severe</u>	<u>Anaphylactic Shock</u>
Localized: Pain	Generalized, intense itching	Agitation
Itching	Dizziness	Difficulty breathing --
Swelling	Headache	(Swelling of the throat)
Redness	Nausea	Cyanosis
	Hives	Throbbing heart beat
	Abdominal cramps	Convulsions
		Unconsciousness

- D. Anaphylactic shock is serious and can be fatal. It may occur within 5 minutes to 1 hour after exposure to the allergen. Emergency action is imperative to prevent severe complications or death.
- E. Since injections are involved in the management of anaphylactic shock, the adoption of a policy of giving injections by personnel other than nurses is left to the discretion of each school district or county office. A pre-filled, auto-injection method (such as Epipen) is recommended for ease of administration.
- F. Parent/care provider to supply necessary equipment for performing procedure at school.

II. PERSONNEL

- A. School Nurse
- B. Designated school personnel under direct or indirect supervision by the school nurse.



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Student's Name: _____ DOB: _____

Equipment and Supplies *(Responsibility of parent/care-provider).	1. Oral and/or topical medications as prescribed by physician (Chlortrimeton, Benedryl, etc.) 2. * Emergency injection kit (Adrenalin/Epinephrine)	3. For insect stings/bites, add the following: <ul style="list-style-type: none"> Antiseptic solution Meat tenderizer, baking soda Cold pack
PROCEDURE		
ESSENTIAL STEPS		KEY POINTS & PRECAUTIONS
1. Notify school nurse immediately. 2. Determine severity of allergic reaction and proceed accordingly: <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> For insect sting/bite, continue with Step #3; for all other allergic reactions, proceed DIRECTLY TO STEP #4, 5, or 6, depending on severity. </div> <p>Manage insect sting/bite If stinger is still in skin, scrap off with fingernail, fingernail file or tongue blade. DO NOT SQUEEZE STINGER.</p> <ol style="list-style-type: none"> a. Cleanse sting area with antiseptic solution and rinse well with cold water. b. Apply meat tenderizer or baking soda. c. Apply cold pack to sting area. 3. Manage Mild Reaction <ol style="list-style-type: none"> a. Apply cold pack, if appropriate. 		<p>Stinger may have venom sac attached. Squeezing may release more venom.</p> <p>Cleansing reduces chances of secondary infection.</p> <p>Venom contains protein elements that are broken down by meat tenderizer. Baking soda acts as a neutralizer.</p> <p>Cold reduces swelling. Wrap cold pack in toweling, Since direct application of ice can cause tissue damage.</p> <p>Cold reduces swelling. Wrap cold pack in toweling, since direct application of ice can cause tissue damage.</p>
ESSENTIAL STEPS		KEY POINTS & PRECAUTIONS

<p>b. Observe student for 20 – 25 minutes.</p> <ol style="list-style-type: none"> 1) If localized pain and itching subside or remain minimal, student may return to class. 2) If localized pain, itching and swelling increase, notify parent/care-provider. 3) If moderate or severe symptoms, or anaphylactic shock develops, continue as per procedure. <p>3. Manage Moderate/Severe Reactions:</p> <ol style="list-style-type: none"> a. If intense itching with hives occurs <u>without</u> progression to anaphylactic shock symptoms, then give oral/topical medication if prescribed by physician. This may be sufficient. b. Notify physician and parent/care-provider. <p>4. Manage Anaphylactic Shock</p> <ol style="list-style-type: none"> a. Administer oral medication if prescribed by physician. b. Administer intramuscular injectable medication immediately straight into the upper, outer thigh or top of arm. c. Call paramedics and notify parent/care-provider. d. Cover with blanket to maintain body temperature. <p>5. Document incident.</p>	<p>Be prepared to administer adrenalin, as <u>seconds</u> count!</p> <p>If at any time during procedure breathing stops INITIATE CPR IMMEDIATELY.</p> <p>These are large muscle groups commonly used for deep injections.</p>
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