

Anaphylaxis and Severe Allergic Reactions:

Anaphylaxis is a sudden and severe allergic reaction, and is caused by contact to an allergen such as food, medicines or an insect bite. Although death is rare, anaphylaxis requires emergency treatment. Anaphylaxis can be influenced by exercise, heat, and the amount of food eaten and digested.

Allergens causing an anaphylactic reaction:

- **Foods:** peanuts and nuts, shellfish and fish, milk, yeast and eggs
- **Insect bites:** bees, wasps, jumping jack ants, red fire ants
- **Medication:** penicillin, aspirin, codeine, antibiotics, morphine
- **Latex:** gloves, party balloons, swimming hats, goggles, condoms

Signs and Symptoms may include:

Mild to Moderate Reaction:

- Swelling of lips, face, or eyes
- Hives, welts or a rash
- Nausea
- Feeling of being unwell
- Abdominal pain
- Itchiness

Severe Allergic Reaction:

- Difficulty in breathing
- Swelling and tightness of the throat
- Tongue may swell
- Unconsciousness
- Noisy breathing – wheeze or cough. The same as Asthma attack
- Pale, cold, clammy skin – shock
- Difficulty in talking

Mild to moderate reaction:

- ✓ If casualty's action plan is available, follow the plan
- ✓ If stung by an insect, remove the stinger (except ticks)
- ✓ If casualty has medication prescribed, e.g. antihistamine tablets, cream or eye drops, hand them to the casualty for administration.
- ✓ If casualty needs to use an asthma reliever puffer, follow the 4x4x4 asthma management plan
- ✓ If airway or lips are swollen, apply a cold compress to help reduce the swelling
- ✓ Next of kin or guardian should be contacted
- Continue to monitor the casualty's condition
- A casualty can have a secondary reaction, sometimes worse after the initial reaction has occurred
- If the casualty's condition deteriorates call for an Ambulance and administer an Adrenaline auto-injector if one is available

If an Ambulance is required - call immediately - do not delay

Anaphylactic reaction:

- ✓ If the casualty's action management plan is available follow the plan
- ✓ If the casualty's action management plan is unavailable, follow ASCIA's Management plan
- ✓ Administer the Adrenaline auto-injector
- ✓ Call for an Ambulance immediately. This condition is life-threatening
- ✓ Lay the casualty flat
- ✓ If the casualty is having breathing difficulties, allow them to sit up. **DO NOT ALLOW THE CASUALTY TO STAND**
- ✓ If swelling of the neck occurs, apply a cold compress or ice pack to help reduce the swelling
- ✓ Contact next of kin or guardian
- ***When you call for an Ambulance ensure that you tell them that an Adrenaline auto-injector has been administered***
- ***The Adrenaline auto-injector does not treat the reaction, it keeps the body's systems working until Medical treatment is administered***

Monitor casualty's condition:

- ✓ After 5 minutes, if there is no change in the casualty's condition or the casualty's condition deteriorates, and a second Adrenaline auto-injector is available, another dose may be administered

Unsure whether to administer Adrenaline Auto-injector:

- ✓ Adrenaline is life saving, and must be administered immediately
- ✓ By not administering an Adrenaline auto-injector, the casualty's condition will deteriorate and the casualty can die
- ✓ If the casualty is in cardiac arrest, administer the Adrenaline auto-injector first, and then commence CPR

Adrenaline Auto-injectors:

Adrenaline auto-injectors are only to be used in an anaphylactic reaction. The Adrenaline (epinephrine) auto-injector:

- ✓ Shrinks the abnormally wide blood vessels
- ✓ Makes the heart beat stronger, improving the low blood pressure
- ✓ Relaxes the lungs, easing the casualty's breathing and wheezing
- ✓ Helps stop the swelling of the mouth, tongue and lips
- ✓ Helps stop itchiness, rashes and welts
- Adrenaline auto-injectors have a spring activated needle
- Administers a pre-measured dose of adrenaline
- Is single use only

If an Ambulance is required - call immediately - do not delay

H & A Training PL RTO No:90871

There are 2 brands of Adrenaline auto-injector.

- Epi-Pen
- Anapen
- ✓ Epi-Pen
- ✓ Anapen
- ✓ Epi-Pen Jr
- ✓ Anapen Jr

● **Before using an Adrenaline auto-injector, you should**

- ✓ Check the expiry date on the auto-injector
- ✓ Check the auto-injector has not been fired
- ✓ Check the colour of the liquid in the viewing window

● **When it is not recommended to use an Adrenaline auto-injector:**

- ✗ If the auto-injector is out of date
- ✗ If the liquid is cloudy or not clear in colour
- ✗ You can see sediment floating in the liquid through the viewing window
- ✗ If the auto-injector has been fired
- ✗ If the auto-injector has been stored in bright light
- ✗ If the auto-injector has been stored in the fridge or freezer

● **Possible side effects may include:**

- ✓ Increased heart rate
- ✓ Weakness
- ✓ Difficulty in breathing
- ✓ Tremors
- ✓ Shortness of breath
- ✓ Headache
- ✓ Dizziness
- ✓ Restlessness or anxiety

These side effects may not occur. If they do occur, they are usually only minor and affect the casualty for a short period of time.

How to administer an Anapen or Anapen Jr

Pull off black needle shield

Pull off grey safety cap from red end and place needle end against outer thigh.

Press red button so it clicks

Hold for 10 seconds. Remove Anapen and Do Not touch needle. Massage injection site for 10 seconds

How to administer an EpiPen or EpiPen Jr:

A casualty who has been diagnosed with suffering from Anaphylaxis, should always carry around their own medication, to be administered if required.

Step 1: Form a fist around the EpiPen, place the needle end of the EpiPen against the fleshy part of the outer thigh. The needle will penetrate through jeans but bare skin is the recommended way.



Step 2: Pull off the safety cap.



Step 3: Push the EpiPen hard against the leg until you hear a click. Hold the EpiPen in place for 10 seconds.



Step 4: Remove the EpiPen from the thigh, being careful not to touch the needle. Discard the EpiPen safely in a sharps container.



Step 5: Massage the thigh for 10 seconds.



CALL FOR AN AMBULANCE IMMEDIATELY:

Tell the operator that the casualty is having an anaphylactic reaction & that an Epi-pen has been administered.

More information can be found at: www.allergy.org.au