



## WHAT?

1. Systemic IgE mediated hypersensitivity reaction
2. Mast cell degranulation causes histamine and serotonin release

### Symptoms and Signs:

- A. pharyngeal oedema, tongue swelling
- B. bronchospasm and tachypnoea
- C. hypotension and tachycardia

Usually presents with skin and mucosal changes **BUT NOT ALWAYS!**

### Treat with...

- IM adrenaline 500mcg 1:1000
- IV Chlorphenamine 10mg
- IV hydrocortisone 200mg
- High flow O2 and fluid challenge

## WHY?

### Consider anaphylaxis if...

Sudden onset of symptoms with skin and mucosal involvement.

If there is respiratory and/or circulatory compromise:

- especially if exposure to a known allergen
- but always consider **WITHOUT** allergen exposure

5% of reactions are biphasic:

- 2<sup>nd</sup> reaction after treatment without re-exposure to allergen

Observe patients for 6 hrs post reaction and discharge with advice and epipen.

### Blood Test

Mast cell tryptase taken at 1, 6 and 24hrs post reaction.

Refer to allergy clinic at discharge if allergen not known.

## HOW?

### *Anaphylaxis (Life in the Fast Lane)*

<http://bit.ly/2shA4W9>

### **Emergency treatment of anaphylactic reactions: Guidelines for healthcare providers**

*(Resuscitation Council UK)*

<http://bit.ly/2sOjwWO>

