



GET TRAINED[®]



Get Trained 2016 Updates

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What is Anaphylaxis?



Allergic Reactions

- Common things people are allergic to (allergens) include:
 - Bee stings
 - Latex
 - Food Allergies - most common allergens:

Peanut	Tree nuts (walnuts, cashews, pecans, etc.)
Milk	Egg
Wheat	Soy
Fish	Shellfish

Allergic Reactions

Mild

- Usually only mild skin symptoms
- Don't tend to have trouble breathing
- May be treated with antihistamines

Life-Threatening (Anaphylaxis)

- Difficulty breathing or feeling faint
- Often multiple body systems involved
- Treatment =
Epinephrine NOW

Important to make the distinction based on the signs and symptoms seen in a student!

Anaphylaxis (“an-a-fi-LAK-sis”)

- Anaphylaxis is a severe allergic reaction that can be life-threatening in a matter of minutes
 - Almost always unanticipated
- It must be treated immediately
- The drug of choice is epinephrine
- The time to learn how to give life-saving medication is NOW– it needs to be given without delay

It's time to GET TRAINED!

Sicherer & Simons, 2007

Schoessler & White, 2013

Allergic Management

- Preventing an exposure is key
- For students with a diagnosed allergy:
 - **Know who can help!**
 - ✓ Talk to your school nurse or healthcare coordinator
 - **Know how to react!**
 - ✓ Know the signs and symptoms of anaphylaxis
 - ✓ Learn about the student's Action / Emergency Care Plan
 - ✓ Know where your student's medication is and how to help in an emergency
- IF A CHILD IS HAVING A FIRST TIME REACTION AND DOESN'T HAVE A PLAN – **DON'T DELAY USING EPINEPHRINE IF NEEDED**

What does it look like?

Mild Allergic Reaction:

- **MOUTH:** Itchy mouth
- **SKIN:** A few hives around mouth/face, mild itch
- **ABDOMINAL AREA/ STOMACH:**
Mild nausea/discomfort

What does it look like?

Anaphylaxis: Any **SEVERE SYMPTOMS** after suspected or known ingestion or exposure:

- One or more of the following:
 -
 - **LUNG:** Short of breath, wheezing, repetitive cough
 - **HEART:** Pale, blue, faint, weak pulse, dizzy, confused
 - **THROAT:** Tight, hoarse, trouble breathing /swallowing
 - **MOUTH:** Obstructive swelling (tongue and/or lips)
 - **SKIN:** Many hives over body

What does it look like?

Anaphylaxis: **Any SEVERE SYMPTOMS** after **suspected or known ingestion or exposure:**

- Or **combination** of symptoms from different body areas:
 - **SKIN:** Hives, itchy rashes, swelling (e.g., eyes, lips)
 - **ABDOMINAL AREA/ STOMACH:** Vomiting, diarrhea, crampy pain
 - **HEENT:** Runny nose, sneezing, swollen eyes, phlegmy throat
 - **OTHER:** Confusion, agitation, feeling of impending doom

Epinephrine

- Epinephrine is the first line treatment for anaphylaxis
- Should be administered IMMEDIATELY
 - Some protocols call for epinephrine to be administered with or without symptoms
 - Parents & school administrators should not be concerned about adverse health effects of epinephrine – it has an impressive safety profile
 - ✓ When in doubt – give the epinephrine
 - Adverse effects for average healthy child not harmful – anxiety, palpitations

A delay in treatment can have devastating results

Schoessler & White, 2013

Robinson & Ficca, 2011

Sicherer & Simons, 2007

Steps to Follow in an Emergency

- IF NO IMPROVEMENT OR IF SYMPTOMS WORSE IN ABOUT 5 -15 MINUTES, (NIAID-Sponsored Expert Panel, 2010)
 - ADMINISTER A SECOND EPINEPHRINE DOSE *according to local policy*
 - Provide EMS with identifying information, observed signs and symptoms, time epinephrine administered, used epinephrine autoinjector to take with to the hospital
 - Transport to the Emergency Department via EMS even if symptoms seem to get better.



Thank you for taking the time to
GET TRAINED
to administer an epinephrine auto-injector
in an emergency!

EPIPEN[®]

EPIPEN^{Jr}[®]

(epinephrine injection, USP) Auto-Injectors 0.3/0.15mg



If you are a bus driver, your local School Nurse will ask you to do a return demonstration of an Epi-pen **ONLY if you have a student with an Epi Pen on your bus.**

All other staff, teachers and CNP included, will be done at later and safer time.

References

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