

MANAGING ANAPHYLAXIS IN THE SCHOOL SETTING.

Anaphylaxis is a life threatening immunologic syndrome of acute onset, which has more systemic manifestations and often has an identifiable cause.

Diagnosis:

1. History and physical exam
2. Skin testing

Signs and Symptoms:

1. Anxiety, flushing
2. Rash and itching (skin and/or eyes)
3. Nausea, vomiting, dizziness, sweating, headache
4. Trouble breathing, sneezing, coughing, wheezing, runny nose
5. Heart beat is irregular, chest pain
6. Drop in blood pressure
7. Abdominal pain

Management:

1. Clear and secure airway
2. Rapidly assess level of consciousness
3. Give Epi-Pen and/or Benedryl as ordered
4. Position on back with legs elevated
5. Call 911 and alert parent

Prevention:

1. Avoidance
2. Epinephrine- when in doubt... treat!