

## 10.2 Allergic Reactions/Anaphylaxis

This protocol should be used for patients exhibiting signs and symptoms consistent with allergic reaction, as follows:

- Skin: flushing, itching, hives, swelling, cyanosis.
- Respiratory: dyspnea, sneezing, coughing, wheezing, stridor, laryngeal edema, laryngospasm, bronchospasm.
- Cardiovascular: vasodilation, increased heart rate, decreased blood pressure.
- Gastrointestinal: nausea/vomiting, abdominal cramping, diarrhea.
- CNS: dizziness, headache, convulsions, tearing.

Treatment is outlined here according to the severity of the allergic reaction (mild, moderate, and severe or anaphylaxis).

---

### 10.2.1 MILD REACTIONS

These reactions consist of redness and/or itching, stable vital signs with a systolic BP greater than 110 mm Hg without dyspnea.

- **TREATMENT GUIDELINES**

1. Supportive Care
2. Monitor Pt closely
3. Repeat Vitals every 10 min
4. Administer Diphenhydramine HCl (Benadryl®) 50 mg **IM** or **IV Push** as needed

---

### 10.2.2 MODERATE REACTIONS

These reactions are evidenced by edema, hives, dyspnea, wheezing, "lump in throat" feeling, difficulty swallowing, facial swelling, and stable vital signs with a systolic BP greater than 90mmHg.

- **TREATMENT GUIDELINES**

1. Supportive Care
2. Monitor Pt closely
3. Repeat Vitals every 10 min
4. Administer Diphenhydramine HCl (Benadryl®) 50 mg **IM** or **IV Push** .
5. 5.If Pt shows no response to the Benadryl, Dial 911.
6. Administer Epinephrine **IM** via EpiPen.
7. Follow 10.1 Medical Emergencies Plan and continue to Monitor Pt until fire rescue arrives, NEVER leaving Pt alone.

Signs and symptoms include edema, hives, severe dyspnea and wheezing, unstable vital signs with a systolic BP less than 100 mm Hg, and possibly cyanosis and laryngeal edema

- TREATMENT GUIDELINES

1. Supportive Care
2. Monitor Pt closely.
3. Repeat Vitals every 10 min
4. Administer Diphenhydramine HCL (Benadryl) 50mg IM or IV Push.
5. If Pt shows no response to the Benadryl, Dial 911.
6. Administer Epinephrine **IM** via EpiPen.
7. Follow 10.1 Medical Emergencies Plan and continue to Monitor Pt until fire rescue arrives, **NEVER** leaving Pt alone.

**\*\*Caution** should be used with administration of Epinephrine when the patient has a history of hypertension or heart disease.

**\*Complete** all necessary documentation and notify appropriate personnel/staff

**\*\*This protocol is shared as a courtesy and must be reviewed by your leading Medical Director/Practitioner for any changes/additions that need to be made specific for your location and adherent with your state's practice laws.**