San Joaquin County
Emergency Medical Services Agency

BLS Allergic Reaction - Anaphylaxis

AUTHORITY: Health and Safety Code, Division 2.5, Sections 1797.60, 1797.80, 1797.197, 1797.197a, 1797.204, 1797.220, 1798; California Code of Regulations, Title 22, Chapter 2, Sections 100062, 100063, 100064

INFORMATION NEEDED:

History of exposure to allergen, such as, but not limited to: bee/wasp stings, drugs or medication, nuts, seafood, new food consumed (especially infants), prior allergic reactions.

OBJECTIVE FINDINGS:

Mild: Hives, rash, itching, anxiety.
Moderate: Hives, rash, bronchospasm, wheezing, nausea.
Severe: Respiratory distress, chest tightness, difficulty swallowing, altered mental status, signs of shock.

TREATMENT:

1. Primary Survey – ensure ABC's.
2. Remove patient from contact with allergen and environment if warranted.
3. Confirm ALS transport is responding.
4. For mild reactions:
   a. Adults: Diphenhydramine 50mg PO
   b. Pediatrics: > 2 years Diphenhydramine 1mg/kg PO, max dose of 50mg

~~4.~~5. For moderate to severe reactions:
   a. Adults: Diphenhydramine 50mg PO
   b. Pediatrics: > 2 years, Diphenhydramine 1mg/kg PO, max dose of 50mg

   ~~a.~~c. Assist patient with taking their own prescribed anaphylaxis medications such as bee sting kit (epinephrine, diphenhydramine, antihistamine) or beta-2 inhaler.

   ~~b.~~d. EMT: Administer Epinephrine Auto-Injector in lateral thigh:
      i. Contraindications: Chest pain or history of prior myocardial infarction.
      ii. Dose:
         1. Adult dose (greater than ~~66 lbs~~30 kg and less than 66 years old) EpiPen Auto-Injector 0.3mg. Do not repeat dose.
         2. Pediatric dose (less than ~~66 lbs~~30 kg greater than 6 months of age) EpiPen Jr. Auto-Injector 0.15mg. Do not repeat dose.

~~5.~~6. Monitor SpO2.

Approved: Signature on file
Medical Director

Signature on file
EMS Administrator

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~~6.~~7. Administer oxygen for shortness of breath or signs of hypoxia: Oxygen 10-15 L/min via non-rebreathing mask. A patient with ineffective respirations: support ventilations with BVM and appropriate airway adjunct.

~~7.~~8. Secondary Survey and Routine Medical Care.

9. Treat for shock as appropriate.

CONSIDERATION:

1. If patient has received an EpiPen prior to arrival and is asymptomatic administer Diphenhydramine 50mg PO for adults or Diphenhydramine 1mg/kg PO, max dose of 50mg for pediatrics.

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