



Anaphylaxis:

What To Know When Creating An Emergency Action Plan

In order to respond *flawlessly* in an emergency situation in response to anaphylaxis you must be prepared. Making sure to create and consistently review an anaphylaxis emergency action plan is vital. Also, when reviewing, make sure to include coaches, officials, and other event staff that may aid in your response.

Overview

- Most common triggers: medications, insects, food, and latex
- Up to 5% of the US population has suffered anaphylaxis.
- A second dose of epinephrine is commonly needed when treating anaphylaxis
- Training is often required in order to administer epinephrine

- Athletic Trainers can carry non-prescription auto-injectors in case of an emergency (speak to your supervising physician for more information on how to obtain auto-injectors)
- Exercise-Induced Anaphylaxis: a less common condition but should not be overlooked

DID YOU KNOW?



Though an auto-injector may be expired, it can and should be used if no alternate epinephrine is available during an emergency



SIGNS & SYMPTOMS

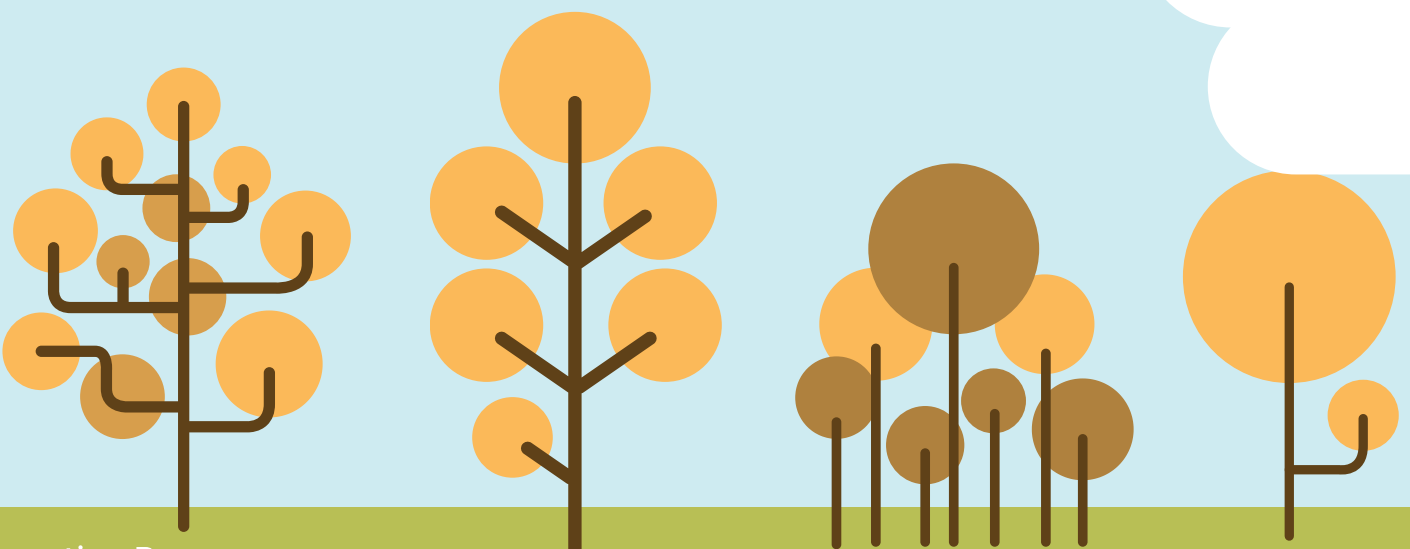
- Skin reactions: itching, tingling, or hives
- Breathing: coughing, wheezing, feeling like their throat is swelling/closing, or feeling like their mouth is swelling
- Gastrointestinal issues: diarrhea, stomach or intestinal cramping, or vomiting
- Other: Loss of consciousness or decrease in blood pressure

AUTO-INJECTORS

- Auto-Injectors are recommended to be stored at temperatures between 68° F and 77° F
- Leaving an auto-injector in a hot vehicle can reduce its potency
- For youth athletes under 66lbs (30kg) it is recommended to use a lower dosage auto-injector
- It is recommended to have two auto-injectors available in case a second dose is warranted

SMC TIPS:

- Use a generic insulated cooler or lunch pale to store your epinephrine auto-injectors at the correct temperature
- You may find it useful to document vitals as well as keep track of when epinephrine was administered, this may also aid in the communication between athletic trainer & EMS
- Review patient medical history: an asthmatic may need an inhaler during an anaphylactic episode
- Once epinephrine has been administered, supplemental oxygen may aid breathing difficulties



Information Resources:

www.npr.org
www.aaaai.org
www.aafp.org
www.pediatrics.aappublications.org
www.allergyadvocacyassociation.org

