

4090 ALLERGY AND ANAPHYLAXIS



Allergic reaction, anaphylaxis or angioedema

- Assess ABCs, give oxygen
- If possible, determine likely trigger
- Determine PMH, medications, allergies
- Classify based on symptom severity and systems involved
- Other specific protocols may apply: e.g.: [Obstructed Airway](#), [Insect/Arachnid Stings and Bites](#)

Generalized or Systemic Reaction
Multisystem involvement: skin, mucus membranes, and gastrointestinal symptoms

Does patient have any of the following signs or symptoms?

- Hypotension
- Signs of poor perfusion
- Bronchospasm, stridor
- Altered mental status

No → [Diphenhydramine IV](#)
[Diphenhydramine PO](#)

Yes →

[Epinephrine IM](#)

Start IV, fluid bolus per [Medical Shock](#)

[Diphenhydramine PO](#)

[Diphenhydramine IV](#)

[Methylprednisolone](#)

[Albuterol](#) if wheezing

Monitor ABCs and Reassess for signs of deterioration

Monitor SpO2

Cardiac Monitor

If persistent signs of severe shock with hypotension not responsive to previous treatment and fluid bolus:

- Repeat [Epinephrine IM](#)

CONTACT BASE

Localized Reaction
Including isolated tongue, airway

Airway involvement?
Tongue or uvula swelling, stridor

Yes →

Impending airway obstruction?

No →

Transport and reassess for signs of deterioration

Yes →

[Epinephrine IM](#)

Manage airway per [Obstructed Airway](#)

Start IV

[Diphenhydramine IV](#)

[Diphenhydramine PO](#)

[Methylprednisolone](#)

Definitions:

- **Anaphylaxis:** severe allergic reaction that is rapid in onset and potentially life-threatening. Multisystem signs and symptoms are present including skin and mucus membranes
 - **Mainstay of treatment is epinephrine**
- **Angioedema:** deep mucosal edema causing swelling of mucus membranes of upper airway. May accompany hives
 - **Mainstay of treatment is methylprednisolone. Epinephrine indicated for any impending airway obstruction.**

Document:

- History of allergen exposure, prior allergic reaction and severity, medications or treatments administered prior to EMS assessment
- Specific symptoms and signs presented: itching, wheezing, respiratory distress, nausea, weakness, rash, anxiety, swelling of face, lips, tongue, throat, chest tightness, etc.