

Anaphylaxis Intervention

Anaphylaxis is a life threatening Type 1 hypersensitivity reaction characterized by a widespread immune response after exposure to an antigen which initiates mast cell degranulation releasing chemical mediators like histamine. These widespread presentations include systemic vasodilation with decreased cardiac output as well as bronchoconstriction. Anaphylaxis intervention typically consists of first assessing the airway and oxygen needs. Patients with anxiety may be reassured. Patients should be placed in a supine position and given methylprednisone, epinephrine, and diphenhydramine. Patients should also be given a medical alert bracelet and educated on the importance of wearing it.



PLAY PICMONIC

Intervention

Assess Airway and Oxygen Needs

[O2-tank Assessing Airway](#)

Apply oxygen as prescribed using high flow oxygen via non-rebreather mask. Dyspnea, wheezing, and stridor are typical signs of anaphylactic shock. Prepare for the possibility of intubation or tracheotomy and have the equipment available if the patient goes into respiratory arrest.

Reassure Patient with Anxiety

[Reassuring Patient with Anxiety-bag](#)

Patients with anaphylactic shock typically have a feeling of “impending doom.” Decreasing anxiety will help the patient focus on breathing and following commands

Supine Position

[Spine Position](#)

Patients experiencing anaphylaxis may be placed in a supine position. This can aid in perfusion and oxygenation.

Methylprednisolone (Solu-medrol)

[Metal-predator-drone](#)

Methylprednisone (Solu-medrol) helps decrease the inflammatory response of the body. It will also decrease bronchial edema.

Epinephrine

[Epi-pen](#)

This drug is used during anaphylaxis because of its vasoconstrictive effects, reversing angioedema and hypotension. Stimulation of B2 receptors causes bronchodilation and reduces the release of inflammatory mediators. Epinephrine auto-injectors typically contain a dose of 0.3mg for IM administration. IV administration of epinephrine consists of a single dose of 0.1-0.25mg.

Diphenhydramine (Benadryl)

[Dolphin-hydra](#)

Diphenhydramine (Benadryl), 25-50mg IV push, is a histamine antagonist medication and should be administered every 15 minutes as ordered until the patient responds.

Medical Alert Bracelet

[Medical Alert Bracelet](#)

Educate the patient about the importance of wearing a medical alert tag identifying their potential allergens and anaphylaxis.