



ALLERGIC REACTION/ANAPHYLAXIS - ADULT/ADOLESCENT

ALS STANDING ORDERS:

Allergic reactions may be mild to life threatening (termed anaphylaxis), treat in field based on the following assessment findings:

Reaction with only rash or urticaria and vital signs stable:

→ Pulse oximetry, if room air oxygen saturation 95% - 100%, transport to nearest ERC.

Reaction includes facial/cervical angioedema:

- ▶ *Epinephrine 0.5 mg IM lateral thigh area (1 mg/1 mL concentration) – one time dose, hold if history of cardiac disease.*

→ Pulse oximetry; if room air oxygen saturation less than 95%:

- ▶ *Oxygen by mask or nasal cannula (for nasal cannula provide 6 l/min flow rate as tolerated).*
- ▶ *Diphenhydramine (Benadryl®) 50 mg IM or IV once.*

→ ALS escort to nearest appropriate ERC.

Reaction includes wheezing or hypoxia (pulse oximetry < 95% saturation):

- ▶ *Oxygen by mask (high flow) or nasal cannula (6 l/min flow rate) as tolerated.*
- ▶ *Epinephrine 0.5 mg IM lateral thigh (1 mg/1mL concentration), may repeat twice with 0.5 mg IM every 10 minutes for continued symptoms.*
- ▶ *Albuterol, Continuous nebulization of 6.0 mL (5 mg) concentration as tolerated.*
- ▶ *Diphenhydramine (Benadryl®) 50 mg IM or IV once.*

→ ALS escort to nearest appropriate ERC.

Reaction includes hypotension, respiratory distress, impending airway obstruction:

- ▶ *Epinephrine 0.5 mg IM lateral thigh (1 mg/1mL concentration)*

→ Establish IV/IO access.

- ▶ *Normal Saline, infuse 250 mL IV or IO, repeat up to maximum 1 liter to maintain adequate perfusion*
- ▶ *After initial IM epinephrine given as above, if continued symptoms give Epinephrine 0.1 mg IV / IO (0.1 mg/1 mL concentration), may repeat 0.1 mg IV/IO once after 10 minutes.*
- ▶ *Oxygen by mask or nasal cannula (for nasal cannula provide 6 l/min flow rate as tolerated).*
- ▶ *Diphenhydramine (Benadryl®) 50 mg IM/IV once.*

→ Contact Base Hospital and ALS escort to Base designated ERC.

Patients self-treated with Epi-Pen (epinephrine autoinjector) prior to EMS arrival:

Consider patient having received 0.5 mg epinephrine IM and do not repeat IM injection, otherwise follow above steps. ALS escort to ERC for further evaluation even when symptoms resolving.

Approved:

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