

Understanding Anaphylaxis and Epi-pen Training



Epinephrine Auto Injector Delegation

Thank You

At the completion of this training session, you may consider becoming an Epi-Pen delegate or designee. A delegate/designee is defined as transferring to a competent individual the authority to perform a selected task in a selected situation.

Objectives/ Goals of Training

- Preventing and managing allergic reactions/ anaphylaxis in the school setting or at a school sponsored event.
- Recruitment and training of designees who volunteer to administer epinephrine during school and school sponsored functions.
- Education of school staff in the understanding of general emergency procedures and steps to take should a life-threatening allergic reaction occur.
- Awareness of placement, location, and accessibility of epinephrine in the school setting or school sponsored event.

Definition of Anaphylaxis

A SERIOUS ALLERGIC REACTION

- Rapid onset generally acute
- Systemic
 - effects the body as a whole
 - multiple organs may be involved
- Manifestations may range from mild to fatal

Signs and Symptoms of Anaphylaxis

✓ **Mouth**

- Itching and or swelling of lips, tongue, or mouth.

✓ **Throat/Respiratory**

- Hoarseness, hacking repetitive cough and/or wheeze, difficulty swallowing, itching and/or sense of tightness in throat or chest, shortness of breath

✓ **Heart**

- Rapid or weak pulse, dizziness and/or fainting, seizure, cardiac arrest

✓ **Gastrointestinal**

- Nausea, vomiting, diarrhea, abdominal cramps.

✓ **Skin**


- Flushing, hives, itchy rash, swelling of the face or extremities

Common Causes of Anaphylaxis

- Foods
- Insect venom
- Latex
- Medication
- Immunotherapy
 - insect venom
 - inhalant allergies



Foods



Children and Adults
(foods commonly
NOT outgrown)

- Peanuts
- Tree nuts (almonds, walnuts, hazelnuts, sesame seeds)
- Shellfish
- Fish

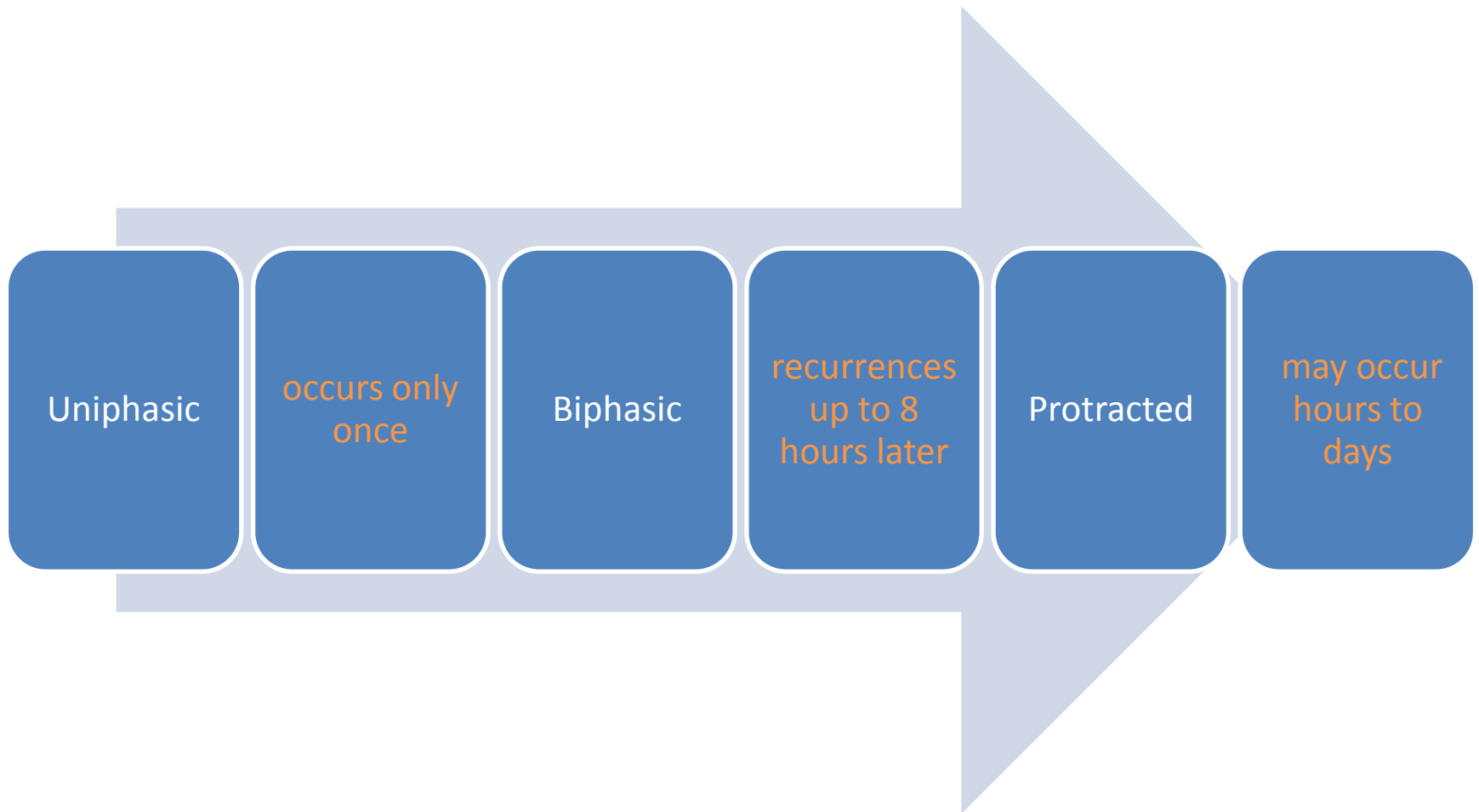
Additional triggers in
children
(*commonly outgrown*)

- Milk
- Egg
- Soy
- Wheat

Anaphylaxis Fatalities

- Approximately 500-100 deaths annually
- Risk factors
 - Failure to administer epinephrine immediately
 - Asthma
 - Cardiac disease
 - Medication

Possible Course of Anaphylaxis



What to Use ?

Epinephrine (Adrenaline) is a drug that can be successfully utilized to counteract anaphylaxis



How to Use an EpiPen



<http://www.epipen.com/~epipen/page/english-cable--how-to-use-epipenreg-auto-injector--epinephrine--anaphylaxis>

EMERGENCY ACTION



If an emergency
is life threatening



or Epinephrine is
given
immediately call
911



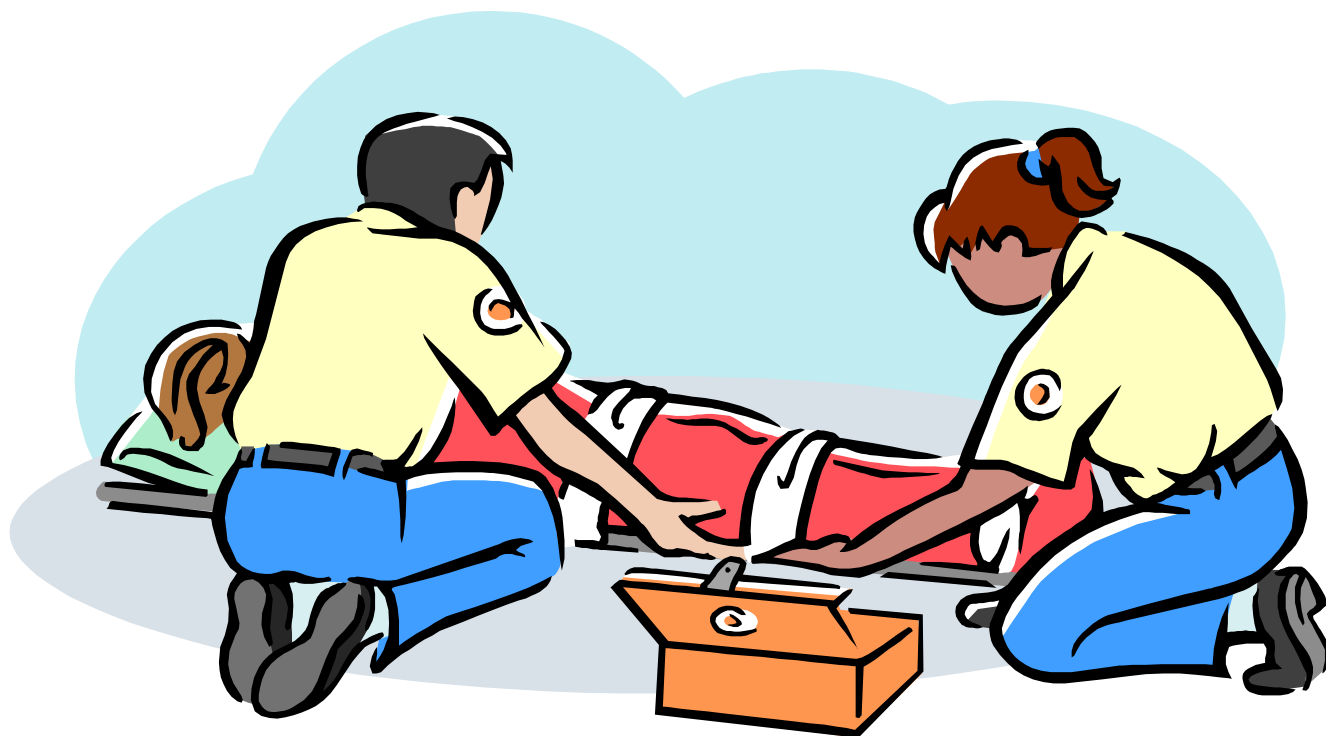
State who you
are, where you
are, and what the
problem is.





Call or designate someone to call the school nurse, principal, and parent.

Stay with the person



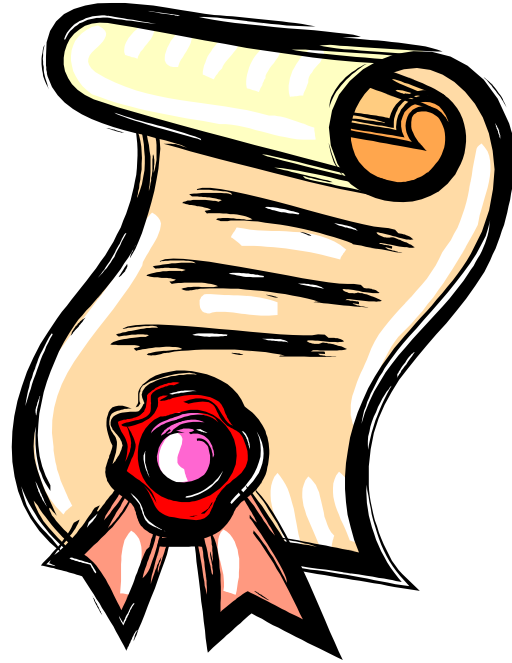
Take Home Points

- Allergic reactions can happen ANYWHERE
- Anaphylaxis is not common but WILL happen
- EARLY RECOGNITION and TREATMENT of anaphylaxis is imperative and LIFE SAVING

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"It's not you—it's my anaphylaxis."



If you would like to become an epinephrine auto injector delegate/designee, please see your school nurse. You and your nurse may then review the skills and learn of the individual needs of your student. Please [click here](#) for a brief quiz.

Thanks to WWRSD