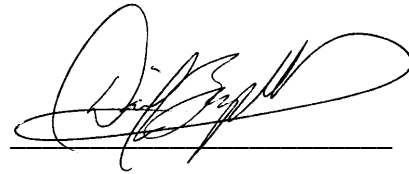EL DORADO COUNTY EMS AGENCY

PREHOSPITAL PROTOCOLS

Effective: January 1, 2017   EMS Agency Medical Director

BLS Allergic Reaction – Anaphylaxis

INFORMATION NEEDED:

History of exposure to an allergen: bee/wasp stings, drugs or medication, nuts, seafood, new food consumed (especially infants), prior allergic reactions, Respiratory wheezing or respiratory distress.

OBJECTIVE FINDINGS:

- Mild:
  - Hives, rash, itching, anxiety
- Moderate:
  - Hives, rash, bronchospasms, wheezing, nausea (angioedema) (lip/tongue swelling)
- Severe:
  - Respiratory distress, chest tightness, difficulty swallowing, altered mental status, signs of shock (angioedema)

TREATMENT:

1. Primary survey- ABC's
2. Remove patient from contact of allergen and environment if warranted.
3. Confirm ALS response
4. For moderate to severe reaction:
   a. EMT Basic: Assist patient with taking their own prescribed anaphylaxis medications (EPI-Pen, rescue inhaler, bee sting kit).
   b. EMT Expanded Scope: Administer Epinephrine Auto-Injector:
      i. Adult Dose: Benadryl 50mg PO. **Administer only if patient is alert and able to swallow**
      ii. Pediatric Dose: Benadryl 1mg/kg (25mg max) liquid PO. **Administer only if patient is alert and able to swallow.**

      iii. Adult Dose: Greater than 30kg (greater than 66lbs) Epi-Pen Auto-injector 0.3mg IM. (0.3ml 1:1000) Repeat dose may be given in 10 minutes if ALS response is delayed and patient is not responding to treatment.

      iv. Pediatric Dose: 15-30kg (33- 66lbs) Epi-Pen Jr. Auto-Injector 0.15mg IM. (0.3ml 1:2000) Repeat dose may be given in 10 minutes if ALS response is delayed and patient is not responding to treatment.

5. Oxygen 10-15L/min via non-rebreather mask or BVM and appropriate adjunct with ineffective ventilations.
6. Secondary survey and routine medical care.
7. Treat for shock as appropriate.

*Procedures may only be performed by an El Dorado County EMS Agency Extended Scope EMT working on duty with an approved extended scope provider.