

Emergency Anaphylaxis Plan for Stock Epinephrine

In the event of anaphylaxis in an individual, an epinephrine auto-injector will be administered by the school nurse or trained unlicensed personnel according to the following protocol. The training required is to be under the supervision and evaluation of a licensed registered professional nurse.

DEFINITION: **Anaphylaxis** is a severe life threatening allergic reaction. It may occur within minutes after a triggering event or up to an hour or more later.

CAUSES: Extreme sensitivity to one or more of the following:

- | | |
|-----------------|---------------------|
| 1. Food | 4. Latex |
| 2. Insect sting | 5. Exercise-induced |
| 3. Medication | 6. Unknown |

PHYSICAL FINDINGS: Severe allergic symptoms can involve one or more organ systems.

LUNGS: **Look for breathing problems;** wheezing, short of breath, continued coughing or difficulty speaking (indicates swelling of the airway).

THROAT: **Look for upper airway problems;** hoarseness, feeling tight, swallowing or breathing difficulty (indicates throat is swelling).

HEART: **Look for circulation problems;** blue around the lips, faint, weak pulse or dizziness (indicates blood pressure is getting low).

GUT: **Look for intestinal reactions;** vomiting, cramping or diarrhea.

SKIN: **Look for changes;** hives scattered over the body; widespread redness or swollen face.

MOUTH: **Look for swelling;** lips or tongue; complaints of different sensations in this area; a metal taste.

BRAIN: **Look for mental changes;** feelings of impending doom; anxiety or confusion.

ACTION: for physical findings above

1. **Get stock epinephrine auto-injector (two pack)**
 - Junior dose .15mg (weight 55 lbs or less)
 - Adult dose .3mg (weight 55 lbs or more)
 - If only one dose is available, administer it regardless of weight
2. **Give epinephrine auto-injector** as trained and per directions, note time given
3. **Call 911** and report anaphylaxis, location in building and time epinephrine was given
4. **Call Parent**, School Nurse (if available) and Administrator

MONITOR: Stay with person until paramedics arrive, remain calm

1. Keep person lying with legs elevated if possible
2. Roll to side if vomiting
3. If having trouble breathing allow a position of comfort, may sit
4. **Give second dose** of epinephrine auto-injector in 5 to 15 minutes if EMS has not arrived and/or the person is getting worse or not improving
5. Start CPR if necessary

FOLLOW UP: After person has been taken by EMS for further monitoring/treatment

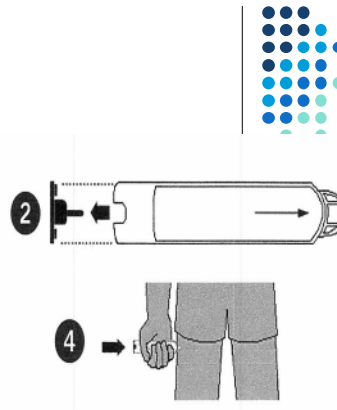
1. Complete required documentation of allergy incident and MEGS report
2. Recommend family discussion with primary care provider regarding possible allergic trigger and referral to specialist
3. Evaluate/review staff response to emergency anaphylaxis to debrief and ways to improve

Instructions for EpiPens®

EPIPEN

EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

1. Remove the EpiPen Auto-Injector from the plastic carrying case.
2. Pull off the blue safety release cap.
3. Swing and firmly push orange tip against mid-outer thigh.
4. Hold for approximately 10 seconds.
5. Remove and massage the area for 10 seconds.



Other pointers:

- a. Securely restrain child
- b. Palpate injection site for items that might interfere with delivery.
- c. Consider placing orange tip on injection site rather than swinging.
- d. Instructions may vary depending on device.

Tips for Administration of Epinephrine Auto-Injectors (EAI)

- When approximating the dose by weight, it is better to err with more epinephrine than less
- When giving through clothing avoid seams or lumps
- Be sure the student is being held securely during administration against movement of the leg.
- While giving add pressure to the leg to help reach muscle
- Rub the site afterwards to help absorption.
- After injection and removal from the leg an orange colored needle guard will be visible. If this guard is not present, the medication was not successfully delivered. (check to be sure the blue safety cap was removed)
- Auvi-Q and Adrenoclick are EAIs with different delivery systems (see manufacture's directions)

Epinephrine Auto-Injectors (EAI) Storage

- Never lock epinephrine, store in a safe and secure place known to staff.
- Store at room temperature (68 to 77 degrees F)
(Less than 59 degrees F is too cold and over 86 degrees F is too hot for longer than 24 hours)
- Expiration dates are never longer than 18 months.
(Expired epinephrine starts to lose its potency)
- EAIs are not water proof.
- Epinephrine should be clear, without color and have no sediment