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

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

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

**THROAT:** Look for upper airway problems; hoarseness, itchy throat, 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; nausea, 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)  
   - Green top; Junior dose .15mg (weight 55 lbs. or less)  
   - Yellow top; Full strength 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 immediately 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 file in preparation for annual 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 EpiPen®

EPIPEN

(Above Graphic courtesy of FARE)

Other pointers:
- Securely restrain child
- Palpate injection site for items that might interfere with delivery.
- Consider placing orange tip on injection site rather than swinging.
- 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 objects in pockets
- Be sure the student is being held securely during administration against movement of the leg and hands
- Rub the site afterwards to help absorption
- After injection with an EpiPen 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 AdrenaClick are EAI's with different delivery systems (see manufacturer’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. Check expiration dates at the beginning of the school year and again in January. (Expired epinephrine starts to lose its potency)
- EAI's are not water proof
- Epinephrine should be clear, without color and have no sediment. This can be seen in the clear window on the epinephrine auto-injector