



ALLERGIC REACTION/ANAPHYLAXIS - ADULT/ADOLESCENT

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

I. Allergic Reaction:

Allergic reaction with only rash or urticaria, and with stable vital signs and no history of anaphylaxis:

- Pulse oximetry: if room air oxygen saturation less than 95%, manage as anaphylaxis as described below.
- Transport to nearest appropriate ERC. ALS escort if history of anaphylaxis.

Allergic reaction limited only to facial/cervical angioedema:

- ▶ *Epinephrine 0.5 mg IM lateral thigh area (1 mg/1 mL concentration) – one time dose, HOLD if Epinephrine Auto-injector administered prior to arrival.*
 - ▶ *Oxygen by mask (high flow) or nasal cannula (for nasal cannula provide 6 l/min flow rate) as tolerated.*
 - ▶ *Diphenhydramine (Benadryl®) 50 mg IM or IV once (do not administer if diphenhydramine taken prior to arrival).*
- ALS escort to nearest appropriate ERC.

II. Anaphylaxis:

Anaphylactic reaction includes hypotension, wheezing, hypoxia (pulse oximetry less than 95% saturation), stridor, intra-oral swelling, gastrointestinal symptoms, and/or impending airway obstruction:

- ▶ *Epinephrine 0.5 mg IM lateral thigh (1 mg/1mL concentration). If Epinephrine Auto-injector administered prior to arrival, consider one dose of epinephrine has been provided.*
 - ▶ *Oxygen by mask (high flow) or nasal cannula (provide 6 l/min flow rate) as tolerated.*
- Establish IV/IO access. If hypotensive:
- ▶ *Normal Saline, infuse 250 mL IV or IO bolus, repeat up to maximum 1 liter to maintain adequate perfusion*
- If wheezing or hypoxic (initial room air pulse oximetry less than 95% saturation):
- ▶ *Albuterol, Continuous nebulization of 6 mL (5 mg) concentration as tolerated*
- After initial IM epinephrine given as above, if after 5 minutes symptoms of hypotension, respiratory distress, or impending airway obstruction continue, repeat
- ▶ *Epinephrine 0.5 mg IM lateral thigh (1 mg/1 mL concentration) or*
OR
Epinephrine 0.3 mg IV / IO (0.1 mg/1 mL concentration)

Approved:

Reviewed: 5/16; 8/18; 9/22
Initial Release Date: 4/1/2023
Final Implementation Date: 10/1/2023



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▶ *Diphenhydramine (Benadryl®) 50 mg IM/IV once (do not administer if diphenhydramine taken prior to arrival).*

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

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

Consider patient having received first 0.5 mg epinephrine IM dose and otherwise follow above steps.

ALS escort to ERC for further evaluation even when symptoms resolving.

Approved:

Carl Schultz, MD

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