Anaphylaxis management

Watch for ANY ONE of the following

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking/hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)
- Vomiting and/or abdominal pain - for insect stings/bites
- Any acute onset:
  - hypotension, bronchospasm or upper airway obstruction, OR
  - illness with skin features + respiratory/cardiovascular or persistent severe gastrointestinal symptoms

IMMEDIATE ACTION

- Call for assistance
- Lay patient flat – do not allow to stand
- If unconscious, place in recovery position, maintain airway
- If difficulty breathing, allow to sit

Give intramuscular ADRENALINE (EPINEPHRINE) without delay

Deep IM into mid-lateral thigh

Repeat 5 minutely as needed

- Remove allergen if still present
- CPR if needed

When able

- Monitor HR, BP, RR, SpO₂
- Give O₂
- Support airway
- IV access - adults + hypotensive children

If hypotensive

- Give IV sodium chloride 0.9%
  - 20 mL/kg RAPIDLY

Adrenaline (epinephrine) doses

Deep IM into mid-lateral thigh

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Weight (kg)</th>
<th>Adrenaline volume 1:1000</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 1</td>
<td>5-10</td>
<td>0.05 mL - 0.1 mL</td>
</tr>
<tr>
<td>1-2</td>
<td>10</td>
<td>0.1 mL</td>
</tr>
<tr>
<td>2-3</td>
<td>15</td>
<td>0.15 mL</td>
</tr>
<tr>
<td>4-6</td>
<td>20</td>
<td>0.2 mL</td>
</tr>
<tr>
<td>7-10</td>
<td>30</td>
<td>0.3 mL</td>
</tr>
<tr>
<td>10-12</td>
<td>40</td>
<td>0.4 mL</td>
</tr>
<tr>
<td>&gt; 12 and adult</td>
<td>&gt; 50</td>
<td>0.5 mL</td>
</tr>
</tbody>
</table>

Additional measures MO/NP may consider

- Adrenaline infusion - in consultation with emergency medicine/critical care specialist
- For upper airway obstruction - nebulised adrenaline ± intubation/cricothyrotomy
- For persistent hypotension/shock - sodium chloride 0.9% (maximum 50 mL/kg in first 30 minutes)
- For persistent wheeze - bronchodilators, oral prednisolone or hydrocortisone