

NEW JERSEY DEPARTMENT OF HEALTH AND SENIOR SERVICES
OFFICE OF EMERGENCY MEDICAL SERVICES
EMT-BASIC TREATMENT PROTOCOLS

Allergies(Anaphylaxis)

Perform the following:

- PRIMARY*
- o Scene size-up and the ~~initial~~ assessment.
 - o Administer 100 % oxygen using a non-rebreather delivery device at 15 liters/minute, unless the patient is unable to tolerate this device. If so, than administer oxygen using a nasal cannula at 6 liters/minute.
 - o Place the patient in a position of comfort.
 - o Ensure that advanced life support (ALS) has been requested and monitor response time.
 - o Obtain baseline vital signs and obtain the SAMPLE history.
 - o Conduct the focused assessment and physical exam.

Initiate treatment if the following conditions are present:

- o A chief complaint of respiratory distress or signs and symptoms of shock (hypoperfusion).
- o A tightening feeling in the chest and/or throat which may include wheezing or stridor.
- o Itchy, watery eyes, itching, flushed skin and hives.
- o Possible swelling to the face, neck, hands, feet and/or tongue.
- o An increased heart rate and a decreased blood pressure.
- o The patient possess his/her own prescribed Epinephrine auto-injector.

NOTE: ASSESSMENT FINDINGS THAT REVEAL SHOCK OR RESPIRATORY DISTRESS ALONG WITH ANY OF THE ABOVE, INDICATE THE PRESENCE OF ANAPHYLAXIS.

The procedure for administration is as follows:

- o Be sure the medication is prescribed for the patient.
- o Check the color of the medication (if able to see) and/or the expiration date. If the medication is discolored (yellowed) do not use.
- o Carefully remove the safety cap from the auto-injector.
- o Place the auto-injector against the lateral portion of the patient's thigh, midway between the waist and the knee.
- o Push the auto-injector firmly against the thigh until the injector activates.
- o Hold the auto-injector in place for at least 10 seconds or until the medication is injected.
- o Record the time, dose, medication, vital signs, and any change in the patient's condition after assisting with the medication. Do not delay transport.
- o Dispose of the auto-injector in a biohazard container.

Side effects

- o Increased heart rate
- o Skin pallor
- o Dizziness
- o Nausea
- o Vomiting
- o Excitability
- o Anxiousness
- o Headaches

Contraindications

- o No contraindications when used in a life threatening emergency.

Dosages

- o Adult dosage (0.3mg)
- o Pediatric dosage (0.15mg)

REMEMBER: WHEN QUESTIONS OR CONCERNS ARISE, CONTACT MEDICAL CONTROL.