

# M020 ALLERGY AND ANAPHYLAXIS

EMT	AEMT
EMT-I	EMT-P

Allergic reaction, anaphylaxis or angioedema

- Assess ABCs, give oxygen
- If possible, determine likely trigger
- Determine PMH, medications, allergies
- Classify based on symptom severity and systems involved
- Other specific protocols may apply: e.g.: obstructed airway, bites & envenomation

**Generalized or Systemic Reaction**  
*multisystem involvement: skin, lungs, airway, etc.*

**Localized Reaction**  
*including isolated tongue, airway*

Does patient have any of the following signs or symptoms?

- Hypotension
- Signs of poor perfusion
- Bronchospasm, stridor
- Altered Mental Status

NO

Consider diphenhydramine if significant discomfort  
Transport and reassess for signs of deterioration

NO

**Airway involvement?**  
*Tongue or uvula swelling, stridor*

YES

**Impending airway obstruction?**

NO

YES  
Give immediate IM epinephrine & manage airway per Obstructed Airway Protocol

YES

Start IV  
Give diphenhydramine  
Give methylprednisolone

EMT may use EpiPen or 1:1,000 EPI IM injection. Requires **base contact** for verbal order.

YES

- Give epinephrine IM
- Start IV and give IV fluid bolus 20cc/kg
- Give diphenhydramine
- Give methylprednisolone
- Consider albuterol if wheezing

- Monitor ABCs, SpO2, cardiac rhythm
- Reassess for signs of deterioration

If persistent signs of sever shock with hypotension not responsive to IM epinephrine and fluid bolus

- Contact base
- Consider IV epinephrine drip per vasopressor protocol

Definitions:

- **Anaphylaxis:** severe allergic reaction that is rapid in onset and potentially life-threatening. Multisystem signs and symptoms are present including skin and mucus membranes
  - **Mainstay of Treatment is Epinephrine**
- **Angioedema:** Deep mucosal edema causing swelling of mucus membranes of upper airway. May accompany hives
  - **Mainstay of treatment is methylprednisolone. Epinephrine indicated for any impending airway obstruction**

Document:

- History of allergen exposure, prior allergic reaction and severity, medications or treatments administered prior to EMS assessment.
- Specific symptoms and signs of presented: itching, wheezing, respiratory distress, nausea, weakness, rash, anxiety, swelling of face, lips, tongue, throat, chest tightness, etc.