

# 4090 ALLERGY AND ANAPHYLAXIS



Allergic reaction, Anaphylaxis or Angioedema

- Assess ABCs, **give Ref 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](#), [Insect/Arachnid Stings and Bites](#)

**Generalized or Systemic Reaction**  
 Multisystem involvement: skin, mucus membranes, and gastrointestinal symptoms

**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

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

No  
[Diphenhydramine IV](#)  
[Diphenhydramine PO](#)

Yes  
**Impending airway obstruction?**

No  
 Transport and reassess for signs of deterioration

Yes  
[Epinephrine IM](#)  
 Manage airway per [Obstructed Airway](#)

Yes  
[Epinephrine IM](#)  
 Start IV, fluid bolus per [Medical Shock](#)  
[Diphenhydramine PO](#)    [Diphenhydramine IV](#)  
[Methylprednisolone](#)  
[Albuterol](#) if wheezing

Start IV  
[Diphenhydramine IV](#)    [Diphenhydramine PO](#)  
[Methylprednisolone](#)

Monitor ABCs and Reassess for signs of deterioration  
 Monitor SpO2  
 Cardiac Monitor

If persistent signs of severe shock with hypotension not responsive to previous treatment and fluid bolus:  
 • Repeat [Epinephrine IM](#)

**CONTACT BASE**

**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
  - o **Mainstay of treatment is epinephrine**
- Angioedema:** deep mucosal edema causing swelling of mucus membranes of upper airway. May accompany hives
  - o **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 presented: itching, wheezing, respiratory distress, nausea, weakness, rash, anxiety, swelling of face, lips, tongue, throat, chest tightness, etc.