

PEDIATRIC ALLERGIC REACTION / ANAPHYLAXIS

Anaphylaxis is an acute allergic reaction characterized by varying degrees of respiratory distress, hypotension, wheezing, hives, non-traumatic edema, and tachycardia. It may be precipitated by a bite or sting or from exposure to certain drugs or allergens. Respiratory Distress is categorized as follows:

- **Minimal Distress:** A slight increase in work of breathing with no wheezing or stridor evident.
 - **Moderate Distress:** A considerable increase in work of breathing with wheezing and/or abnormal breath sounds evident.
 - **Severe Distress:** Extreme work of breathing (retractions) with a decreased LOC.
- A. Perform **Initial Treatment / Universal Patient Care Protocol** and follow the proper protocol for medical management based on clinical presentation.
- B. If reaction is secondary to a sting, remove injection mechanism, if present.
- C. If patient is in mild distress with hives or itching but no or minimal respiratory distress (i.e. no wheezing or stridor):
1. Consider **Diphenhydramine (Benadryl®)**.
 - a. Pediatric: 1 mg/kg, IM or slow IV - Maximum 25 mg.
 2. Reassess for improvement or worsening of reaction.
 3. Transport and notify **Medical Command**.
- D. If patient is in moderate distress with severe hives and/or moderate respiratory distress (i.e. wheezing):
1. Immediately administer **Epinephrine**, 1:1000:
 - a. 0.3 mg IM for patients > 30 kg
 - b. 0.15 mg IM for patients < 30 kg
 2. Administer **Diphenhydramine (Benadryl®)**:
 - a. Pediatric: 1 mg/kg, IM or slow IV - Maximum 25 mg.
 3. Expedite transport if not already in transport.
 4. If patient still wheezing, administer **Albuterol** 2.5 mg with oxygen 8 - 10 LPM.

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5. If patient is still in moderate distress, consider repeating **Epinephrine** one time **per MCP order**.



E. If patient is in severe distress with signs of shock such as low blood pressure and/or decreased level of consciousness, treat as in “D” above, and if no response, then as follows:

1. Administer normal saline IV bolus of 20 ml/kg.
2. **Contact Medical Command** for further treatment options.
3. Reassess and expedite transport.

