



Allergic Reactions and Anaphylaxis

CVHC Hike Leaders

Definition

- severe life-threatening reaction involving multiple target organs including skin, respiratory, GI, cardiovascular and neurologic
 - * skin/mucosa swelling w respiratory symptoms and low blood pressure occur within minutes to hours following exposure to a likely allergen

Causes of Anaphylaxis

- Foods: nuts, shellfish, eggs, milk
- Insects: bees, yellow jacket, wasps, fire ants
- Underlying conditions: asthma, eczema, prior allergy



Clinical Features

- Swelling of face and lips
- Laryngeal edema with upper airway obstruction
- Lower airway obstruction
- Cardiac - arrhythmias, low BP
- Skin - flushing, hives, swelling
- GI - nausea, vomiting, diarrhea, cramps
- Low blood pressure



Anaphylaxis Treatment

- Supine
- Epinephrine is treatment of choice
- Benadryl
- Steroids (prednisone 60mg)
- Albuterol



Disposition

- Medical evacuation
- Observation in medical facility 24 hours

