

# Practical management of allergic reactions

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- What are we teaching our patients and their families?

# Management of allergy

- Prevention of episodes of allergic reactions (previous diagnosis of allergy).
- Treatment of an acute event

# Recognition of allergy

- Allergy reactions happen in the community
- Be prepared – have a written patient management plan
- Know the signs of a reaction
- Act immediately
- Always have rescue medication to hand

# Patient specific management plan

## Useful organisations

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.epipen.co.uk/hcp/your-epipen-adrenaline-auto-injector/](http://www.epipen.co.uk/hcp/your-epipen-adrenaline-auto-injector/)

[www.yellowcross.co.uk](http://www.yellowcross.co.uk)

Children and Young Peoples Allergy Network Scotland

[www.cyans.org.uk](http://www.cyans.org.uk)

### Medical Alert Foundation

1 Bridge Wharf

156 Caledonian Road

London

N1 9RD

Telephone - 020 7833 3034 or 0800 581 420

[www.medicalalert.org.uk](http://www.medicalalert.org.uk)

### Meda Pharmaceuticals Ltd

Skyway House

Parsonage Road

Takeley

Bishop's Stortford

CM22 6PU

Telephone - 0845 460 0000

Information compiled by:

The Children's Allergy Team

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What to do if your child has...  
**an allergic reaction**

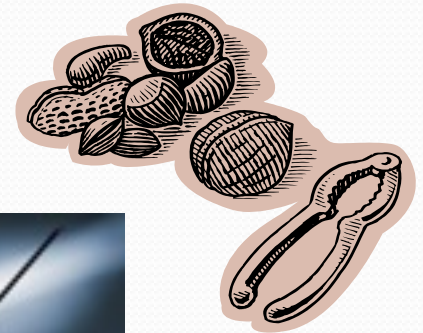
## Antihistamine and Epipen



Information for parents/carers

# Rate of reaction

- Food 25-35 minutes  
(normally within an hour)
- Medication - median time 5 minutes
- Stings median time 12 minutes



# Signs of a reaction

## If your child has any of the following symptoms...

1. Tingling itchy lips or tongue
2. Flushing of the skin
3. Hives (rash) anywhere on the body
4. Swelling of lips / face
5. Abdominal cramps and nausea or vomiting
6. Swollen or itchy eyes
7. Runny nose and / or sneezing
8. Slight wheeze ....  
they may be having an allergic reaction

### Action - Give Antihistamine

Chlorphenamine dose .....mls  
OR  
Cetirizine dose.....mls  
OR  
Loratadine dose .....mls

### Action - Repeat Antihistamine if required

If your child is wheezy and has an inhaler, give 10 puffs using the spacer.

If your child is worse at anytime call an ambulance

## Severe Reaction...

- 1 Rapidly increasing breathlessness or increasing wheeze
- 2 Choking, struggling to breathe
- 3 Going pale, cold and clammy
- 4 Loss of consciousness or fainting

### Action - Give Epipen

Telephone 999 for ambulance  
and state that an Epipen has been given

## How to give Epipen



1



2



3



4

Always have your child's medication with them  
at all times



# European Academy of Allergology and Clinical Immunology (EAACI)

- *“Anaphylaxis is a severe, life-threatening, generalised or systemic hypersensitivity reaction”*

## Resuscitation Council (UK)

- *“Characterised by rapidly developing life-threatening airway and/or breathing and/or circulation problems usually associated with skin and mucosal changes”*



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# Rescue medication

- Antihistamine
- Liquids v's tablet
- Auto injector devices
- 1 or 2 where?



# Adrenaline Auto Injectors

- Confidence in use
- Available at all times



## Guidelines for AAI

- History of previous anaphylaxis
- Co-existent asthma requiring regular preventer therapy
- History of generalized allergic reaction to stinging insect
- History of idiopathic or exercise induced anaphylaxis
- History of cardiovascular or respiratory reaction to latex

# Monitor the asthma!

- Ensure good control
- Give the family asthma rescue plan when the child is unwell
- Ensure good inhaler technique
- Be especially careful with food allergy accidents when asthma is troublesome or child is unwell.

# To refer or not to refer

- Younger than 13 years
- Symptoms compatible with type 1 reaction
- Drug / venom allergy
- ? Candidate for immunotherapy
- Multiple food allergies –nutritional impact
- Reaction precipitant unclear

# Aim of food allergy care

- Identify allergen
  - Good asthma control
  - Ensure rescue medication is available at all times
1. Antihistamine
  2. AAI
  3. Salbutamol (if asthmatic)





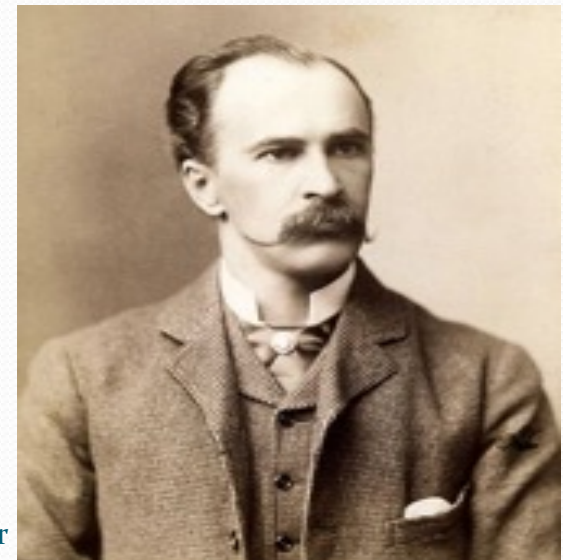






- Variability is the law of life, and as no two faces are the same, so no two bodies are alike, and no two individuals react alike and behave alike under the abnormal conditions which we know as disease.

William Osler Canadian physician  
(July 12, 1849 – December 29, 1919)







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Allergy

- EDUCATION!
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- EDUCATION!



