

**COUNTY OF SAN DIEGO EMERGENCY MEDICAL SERVICES
 POLICY / PROCEDURE / PROTOCOL**

**Number S-162
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**SUBJECT: PEDIATRIC TREATMENT PROTOCOL
 ALLERGIC REACTION / ANAPHYLAXIS**

Date 07/01/2021

BLS

ALS

- Ensure patent airway
- O₂ saturation PRN
- O₂ and/or ventilate PRN
- Attempt to identify allergen and route (injected, ingested, absorbed, or inhaled)
- Safely remove allergen (e.g., stinger, injection mechanism), if possible
- Epinephrine auto-injector
 - Patient 15 to 33 kg (33 to 73 lbs), 0.15 mg IM x1
 - Patient ≥33 kg (≥73 lbs), 0.3 mg IM x1
- May assist patient to self-medicate own prescribed epinephrine auto-injector or albuterol MDI **once only**. BH contact required for additional dose(s).

Assess for hypotension

- <1 month: SBP <60 mmHg
- 1 month – 1 year: SBP <70 mmHg
- 1 year – 10 years:
 SBP <70 mmHg + (2x age in years)
- >10 years: SBP <90 mmHg

- Monitor/EKG
- IV/IO SO
- Capnography SO PRN
- Allergic reactions (skin signs only)**
 - Urticaria (hives, rash)
 - Erythema (flushing)
 - Pruritus (itching)
- Diphenhydramine per drug chart IV/IM SO

Suspected anaphylactic reactions

- Respiratory: throat tightness, hoarse voice, wheezing/stridor, cough, SOB
- Cardiovascular: fainting, dizziness, tachycardia, low BP
- GI: nausea, vomiting, abdominal cramping
- Tissues: angioedema of eyelids, lips, tongue, face

Anaphylaxis treatment

- Epinephrine 1:1,000 (1 mg/mL) per drug chart IM (lateral thigh) SO, MR x2 q5 min SO **then**
- Diphenhydramine per drug chart IV/IM SO

Anaphylaxis with respiratory involvement

- Albuterol per drug chart via nebulizer* SO, MR SO
- Ipratropium bromide per drug chart via nebulizer[†] added to first dose of albuterol SO

Anaphylaxis with hypotension for age

- Fluid bolus IV/IO per drug chart SO to maintain adequate perfusion. MR SO.
- Push-dose epinephrine 1:100,000 (0.01 mg/mL) per drug chart IV/IO BHO, MR q3 min, titrate to maintain adequate perfusion BHO.

Push-dose epinephrine mixing instructions

1. Remove 1 mL normal saline (NS) from the 10 mL NS syringe
 2. Add 1 mL of epinephrine 1:10,000 (0.1 mg/mL) to 9 mL NS syringe
- The mixture now has 10 mL of epinephrine at 0.01 mg/mL (10 mcg/mL) concentration.

***Infection control:** If concerned about aerosolized infectious exposure, substitute with albuterol MDI, if available

[†]**Infection control:** If concerned about aerosolized infectious exposure, use patient's ipratropium bromide MDI, if available, or withhold ipratropium bromide