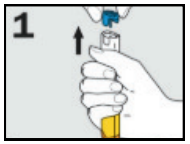
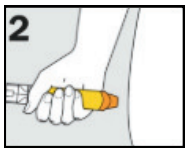
Anaphylaxis

How to give adrenaline (epinephrine) injectors

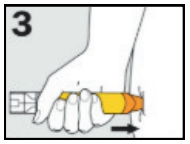
EpiPen®



Form fist around EpiPen® and PULL OFF **BLUE** SAFETY RELEASE



Hold leg still and PLACE **ORANGE** END against outer mid-thigh (with or without clothing)

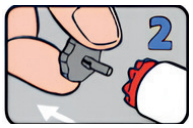


PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

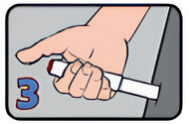
EpiPen® is prescribed as follows:
EpiPen® Jr (150 mcg) for children 7.5-20kg
EpiPen® (300 mcg) for children over 20kg and adults

Anapen®

PULL OFF **BLACK** NEEDLE SHIELD



PULL OFF **GREY** SAFETY CAP from red button



PLACE NEEDLE END FIRMLY against outer mid-thigh at 90°angle (with or without clothing)

PRESS **RED** BUTTON so it clicks and hold for 3 seconds. REMOVE Anapen®

Anapen® is prescribed as follows:
Anapen® 150 Junior for children 7.5-20kg
Anapen® 300 for children over 20kg and adults
Anapen® 500 for children and adults over 50kg

SIGNS & SYMPTOMS

Symptoms are highly variable.
Maybe one or more of the following:

- Difficulty talking/hoarse voice.
- Wheeze or persistent cough.
- Pale and floppy (in young children).
- Abdominal pain and vomiting.
- Hives, welts and body redness.
- Signs of envenomation.
- Difficulty/noisy breathing.
- Swelling of face and tongue.
- Swelling/tightness in the throat.
- Persistent dizziness.
- Loss of consciousness/collapse.

HAZARD = TRIGGERS

- Certain foods.
- Insect stings.
- Tick bites.
- Certain medications.
- Latex.
- Exercise etc.

RISK = LIFE-THREATENING

- Airway
- Breathing
- Circulatory problems.
- Unconscious.
- Cardiac arrest.

ACTIONS FOR ANAPHYLAXIS

Immediate Actions:

- Immediately get someone else to call 000.
- Retrieve the individual's action plan and autoinjector(s).

Allergen Removal

- Remove Allergens: Flick out stings. Do not remove ticks; kill them using permethrin cream or ether-containing spray.

Do Not Stand or Walk: Lay the person flat.

- If unconscious or pregnant, place in the recovery position (left side if pregnant).
- If breathing is difficult, allow sitting with legs outstretched.
- Hold young children flat, not upright.

Administer Adrenaline:

- Follow the instructions for the correct size autoinjector/s.
- Inject the autoinjector immediately.
- If no response after 5 minutes, administer another dose.
- If in doubt give the adrenaline injector

If Breathing Stops:

- Begin CPR if the person is unresponsive
- Oxygen or Asthma Medication: Provide if required.

Ensure Safety for Self and Others

FOLLOW ASCIA ACTION PLAN
or **FIRST AID PLAN** or these steps.

REMOVE ALLERGEN
Or move away, to prevent further exposure.

LAY THE CASUALTY FLAT
If breathing is difficult, allow to sit, but keep still.

USE AUTOINJECTOR
Check contents and follow label instructions.

Call the Ambulance on Triple Zero (000)

MONITOR CLOSELY
Give another dose if condition doesn't improve after 5 minutes.

Workforce Skills and Training
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