

**Anaphylaxis:**  
(See overleaf for algorithm)

ABCDE assessment

Confirm diagnosis of anaphylaxis

**Administer intra muscular adrenaline 1:1,000**

- **Adult:** 500 micrograms (0.5ml)
- **Child more than 12 years:** 500 micrograms (0.5ml)
- **Child 6 – 12 years:** 300 micrograms (0.3ml)
- **Child 6 months to 6 years:** 150 micrograms (0.15ml)
- **Child under 6 months:** 100-150 micrograms (0.1-0.15ml)

**Repeat after 5 minutes** if no better

## Anaphylaxis?

**A** = Airway   **B** = Breathing   **C** = Circulation   **D** = Disability   **E** = Exposure

### Diagnosis

Look for:

- Sudden onset of **A**irway and/or **B**reathing and/or **C**irculation problems<sup>1</sup>
- And usually skin changes (e.g. itchy rash)

### Call for help

- Ensure Ambulance or Resuscitation Team called
- Lie patient flat (with or without legs elevated)
  - A sitting position may optimise respiratory effort in respiratory distress
  - If pregnant, lie on left side



### Give intramuscular (IM) adrenaline<sup>2</sup>

#### If no improvement:

- Repeat IM adrenaline every 5 min
- IV fluid bolus<sup>3</sup>

If ongoing treatment is required despite TWO doses of adrenaline:

- Ensure Ambulance or Resuscitation Team called
- Repeat IV fluid bolus
- Further IM adrenaline every 5 min
- Get expert help to start an IV adrenaline infusion

- Establish airway
- Give high flow oxygen
- Apply monitoring: pulse oximetry, ECG, blood pressure

#### 1. Life-threatening problems

##### Airway

Swelling, hoarseness, stridor

##### Breathing

Rapid breathing, wheeze, fatigue, cyanosis, SpO<sub>2</sub> <94%, confusion

##### Circulation

Pale, clammy, low blood pressure, faintness, drowsy/coma

#### 2. IM adrenaline

IM doses of 1 mg in 1 mL (1:1000) adrenaline

**Adult and child >12 years:** 500 micrograms IM (0.5 mL)

**Child 6–12 years:** 300 micrograms IM (0.3 mL)

**Child 6 months to 6 years:** 150 micrograms IM (0.15 mL)

**Child <6 months:** 100–150 micrograms IM (0.1–0.15 mL)

(Adrenaline IV to be given only by experienced specialists)

#### 3. IV fluid bolus

Use crystalloid

**Adults:** 500–1000 mL

**Children:** 20 mL/kg