

# Management of anaphylaxis

## Rapid IM administration of adrenaline is the foundation for treatment of anaphylaxis

- > If patient unconscious, place on left side and maintain airway
- > If patient conscious, place in supine position, elevate legs
- > If showing signs of anaphylaxis give adrenaline by deep IM injection in thigh (not in deltoid)
- > Dial 000 and ask for an ambulance. **Never leave patient alone**
- > If no improvement in patient's condition within 5 minutes, repeat doses of adrenaline every 5 minutes until condition improves or medical assistance arrives
- > Administer O<sub>2</sub> at a high flow rate, if available
- > Begin expired air resuscitation (EAR) for apnoea, check for a central pulse. If no central pulse, begin CPR
- > Transfer to hospital for further observation and/or treatment
- > Document time(s) and dose(s) of adrenaline administration

### Adrenaline dose

Adrenaline 1:1000 = 0.01 ml/kg (0.01mg/kg) deep IM injection in thigh

Less than 1 year	0.05-0.1mL
1-2 years (approx 10 kg)	0.1 mL
2-3 years (approx 15 kg)	0.15 mL
4-6 years (approx 20 kg)	0.2 mL
7-10 years (approx 30 kg)	0.3 mL
11-12 years (approx 40 kg)	0.4 mL
13 years and over	0.5 mL



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