

So here we are again with my **9th blog on medical emergencies.**

Anaphylaxis



Anaphylaxis is a **severe, potentially life-threatening allergic reaction that can develop rapidly**. It is also known as anaphylactic shock. Signs of anaphylaxis include itchy skin or a raised, red skin rash. swollen eyes, lips, hands, and feet.

It can be activated by a severe anaphylactic reaction to whole range of things, e.g., Peanuts, shellfish, some anti-biotics. Most patients (Pt) who know they have a life-threatening allergic reaction will carry a syringe which is filled with the reversal (Adrenaline) which is known as an EPIPEN.

Symptoms include: -

- Airway compromise (the patients tongue swells to sometimes the size of their fist.
- Shortness of Breath due to bronchi-constriction – very similar to acute asthma episode.
- Drop in Blood Pressure resulting in light-headedness, dizzy, collapse

Life-threatening Anaphylaxis can be reversed with I/M (Intramuscular) injection into a large muscle, e.g., the Thigh or shoulder. Namely an "EPIPEN" **which any lay person can give.**

Call 999 immediately and if there is no EPIPEN prepare yourself, that the patient has the potential to go into cardiac arrest and die!!!

Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.

www.evexiatraining.co.uk

