

PEDIATRIC ALLERGIC REACTIONS AND ANAPHYLAXIS



MILD ALLERGY: Red and itchy skin; hives; if sting present, localized swelling at sting site; and vital signs within normal limits.

1. Administer **O₂** at 8-15 LPM by mask or blow-by.
2. If present, scrape stinger out. Stabilize involved extremity and apply ice.
3. Apply venous **tourniquet** above injection or sting site, if on an extremity.
4. Apply cardiac monitor.
5. Establish IV/IO access.
6. Administer **diphenhydramine (Benadryl®)** at 1 mg/kg IV/IO/IM, up to a maximum dose of 50 mg.

MODERATE ALLERGY: Red and itchy skin; hives; swelling of face, lips, tongue, or pharynx; mild to moderate SOB; wheezing; BP > 80.

1. Follow steps 1-4 for mild allergy.
2. Administer **epinephrine** at 1:1 000, 0.01 mg/kg IM,[†] up to a maximum dose of 0.3 mg. Repeat q 5 minutes, as needed.
3. Administer Benadryl® at 1 mg/kg IV/IO/IM, up to a maximum dose of 50 mg.

ANAPHYLAXIS: Red and itchy skin; hives; severe swelling of face, lips, tongue, or pharynx; possible severe SOB; BP < 70.

1. Follow steps 1-4 for mild allergy.
2. Establish IV/IO access.
3. Administer NS fluid challenge at 20 ml/kg as rapidly as possible. Repeat once to achieve minimum BP for age and clinical improvement (capillary refill < 2 seconds, stronger pulses, warmer extremities, improving LOC). Contact receiving physician to consider additional fluid administration.

4. Slowly administer epinephrine at 1:10 000, 0.01 mg/kg IV/IO,* up to a maximum dose of 0.3 mg. Repeat q 5 minutes, as needed.
5. Administer Benadryl® at 1 mg/kg IV/IO up to a maximum dose of 50 mg.
6. If unable to establish IV/IO, administer epinephrine at 1:1 000, .01 mg/kg IM up to 0.3 mg. Repeat q 5 minutes, as needed.
7. If severe SOB and wheezing, administer **albuterol (Ventolin®)** at 2.5 mg in 3 ml NS (3 ml premix) via small volume nebulizer.

*This drug may be administered via the endotracheal tube, if an IV cannot be established. The ET dose is Epinephrine 1:1 000, 0.1 mg/kg diluted to a total of 3 ml in NS q 3-5 minutes.