**Anaphylaxis algorithm**

**Anaphylactic reaction?**

**Airway, Breathing, Circulation, Disability, Exposure**

**Diagnosis** - look for:
- Acute onset of illness
- Life-threatening Airway and/or Breathing and/or Circulation problems
- And usually skin changes

- **Call for help**
- Lie patient flat
- Raise patient’s legs

**Adrenaline**

**When skills and equipment available:**
- Establish airway
- High flow oxygen
- IV fluid challenge
- Chlorphenamine
- Hydrocortisone

**Monitor:**
- Pulse oximetry
- ECG
- Blood pressure

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1. **Life-threatening problems:**
   - **Airway:** swelling, hoarseness, stridor
   - **Breathing:** rapid breathing, wheeze, fatigue, cyanosis, \( \text{SpO}_2 < 92\% \), confusion
   - **Circulation:** pale, clammy, low blood pressure, faintness, drowsy/coma

2. **Adrenaline** *(give IM unless experienced with IV adrenaline)*
   IM doses of 1:1000 adrenaline (repeat after 5 min if no better)
   - **Adult** 500 micrograms IM (0.5 mL)
   - **Child more than 12 years:** 500 micrograms IM (0.5 mL)
   - **Child 6 -12 years:** 300 micrograms IM (0.3 mL)
   - **Child less than 6 years:** 150 micrograms IM (0.15 mL)

3. **IV fluid challenge:**
   - **Adult** - 500 – 1000 mL
   - **Child** - crystalloid 20 mL/kg
   - Stop IV colloid if this might be the cause of anaphylaxis

4. **Chlorphenamine** *(IM or slow IV)*
   - Adult or child more than 12 years 10 mg 200 mg
   - Child 6 - 12 years 5 mg 100 mg
   - Child 6 months to 6 years 2.5 mg 50 mg
   - Child less than 6 months 250 micrograms/kg 25 mg

5. **Hydrocortisone** *(IM or slow IV)*
   - Adult or child more than 12 years 10 mg 200 mg
   - Child 6 - 12 years 5 mg 100 mg
   - Child 6 months to 6 years 2.5 mg 50 mg
   - Child less than 6 months 250 micrograms/kg 25 mg