CLINICAL GUIDELINE: Anaphylaxis

Patients ≥1 month of age

Aim: Standardize the approach to anaphylaxis and define the roles of pharmacologic treatments in the management of anaphylaxis

Children's MINNESOTA

Phase	Timing	Decision making and medication*
Stabilization*	0 min	Patient presents with signs and symptoms of anaphylaxis (Note 1)
		Assess ABCs (Airway, Breathing, and Circulation) Initiate oxygen if SPO2 <92% Initiate continuous cardiorespiratory monitoring with blood pressure cycle every 5 minutes (3-lead ECG to monitor BP/HR/RR; pulse ox for O2 sats)
		Give Epinephrine **IM** (Note 5 for Medication Dosing) Do NOT give epinephrine IV, even if patient has IV access.
Monitoring/Escalation*	5min	**If HYPOTENSION (Note 3)**: Give fluid bolus **If WHEEZING**: Give albuterol **If STRIDOR**: Give racemic epinephrine
	10min	**Continued respiratory symptoms or hypotension**: Repeat epinephrine IM; Consider giving a glucocorticoid steroid (Note 2) **If gastrointestinal symptoms**: Give famotidine **If dermatologic symptoms**: Give cetirizine or diphenhydramine; Consider famotidine
Escalation*	15min	**Continued respiratory symptoms or hypotension**: Repeat epinephrine IM **If on beta-blocker**: Administer glucagon
	20min	**Continued respiratory symptoms or hypotension** Repeat epinephrine IM Notify ICU to admit
Disposition*	25min	Start Epinephrine Drip Admit to ICU

Tasks and Notes

Phase 1: Stabilization*
-Call for assistance.
-Support ABC's
-Epinephrine should be administered first before any other medications are considered or attempted
-Assess patient for red flags for severe, prolonged, or biphasic reaction, or death (Note 2)

Phase 2a: Monitoring/Escalation*
-Patient should be placed in supine position after initial epinephrine administration
-Establish IV access if NS bolus indicated
-Steroids do not have proven benefit unless patient has severe anaphylaxis, history of asthma or other airway concerns
-If hypotensive, place in recumbent position

Phase 2b: Escalation*
-Epinephrine IM should be repeated every 5 minutes and continued until anaphylaxis resolves or continuous infusion epinephrine is initiated

Phase 3: Disposition*
-Observation / Discharge vs. Admit (Note 4)
-Prep for IV drip prior to admit
-Early intubation recommended
Anticipate a difficult airway

Terminology

Anaphylaxis: An allergic reaction that is rapid in onset and may cause death. Causes may be immunologic or idiopathic in origin.

Biphasic: Late phase reaction that can occur 1-72 hours after remission of initial attack

INCLUSION CRITERIA

- Signs and symptoms of anaphylaxis
- Exposure to potential allergen
- Age greater than 1 month
- May have received epinephrine prior to arrival

EXCLUSION CRITERIA

- Symptoms clearly attributed to other cause
- HemOnc anticipated reaction with specific medication-reaction guideline as outlined by the manufacturer (e.g. dinutuximab)

If at any point, the patient is no longer demonstrating symptoms of anaphylaxis, discontinue moving down the pathway and continue to monitor patient (Note 4)

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CLINICAL GUIDELINE

Anaphylaxis: Notes

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Note 1: Signs and Symptoms of an Allergic/Anaphylactic Reaction

Must meet at least **one** of the following criteria:

1. Hypotension after exposure to known allergen;
2. Acute involvement of 2 or more of the following organ systems:
    - **Skin** changes (i.e., rash, hives, itching)
    - **Mucosal** changes (swollen lips, tongue or uvula) or difficulty swallowing or talking
    - **Respiratory** compromise (dyspnea, wheezing-bronchospasm, stridor, hypoxemia, persistent coughing)
    - **Cardiovascular** compromise (dizziness, hypotension, syncope, or signs of end-organ dysfunction)
    - **Gastrointestinal** symptoms, persistent (crampy abdominal pain, vomiting, diarrhea)

Note 2: Red Flags Indicating Higher Risk for Severe, Prolonged, and/or Biphasic Anaphylaxis or Death

- History of biphasic or delayed reaction
- Received more than one dose of epinephrine with current episode
- Non-verbal
- Difficult airway
- History of asthma or current asthma exacerbation
- Significant co-morbidities
- Delayed epinephrine administration
  (≥30 minutes from onset of symptoms)
- Facial or airway swelling with current episode

Note 3: Defining Hypotension

- Systolic blood pressure reading:
    - < 70 mmHg in infants (1-12 months old)
    - < 70 mmHg (+2 x age in years) in children 1-10 years old
    - < 90 mmHg in adults and children ≥10 years old
- Results in organs receiving reduced oxygen
- Symptoms include lightheadedness, dizziness, syncope

Note 4: Disposition

- Observation in ER, then discharge home
    - Observation for 2-4 hours
    - Strongly recommend education with anaphylaxis action plan
    - Strongly recommend confirmed receipt of epinephrine autoinjector on hand prior to leaving ER
- Admit for observation
    - Observation for 12-24 hours
    - If history of severe, delayed, or biphasic reaction
    - Discharge with epinephrine autoinjector and education with anaphylaxis action plan
- Admit to ICU
    - If severe anaphylaxis (Phase 2b + Phase 3)
    - Maintain in ICU until clinically stable, then observation for 12-24 hours
    - Discharge with epinephrine autoinjector and education with anaphylaxis action plan

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Note 5: Anaphylaxis Medications and Dosing

Medication	Route Options	Dosing	Indication
Epinephrine	IM	0.01 mg/kg (max 0.5 mg)	All patients
Epinephrine Continuous Infusion	IV	0.05-0.1 mcg/kg/min, titrate to effect	Refractory anaphylaxis Consider initiating after 2-3 doses of epinephrine IM
Inhaled Medications			
Albuterol	Inhaled (Nebs or MDI)	<2 years old: 2.5 mg ≥2 years old: 5 mg	Wheezing
Racemic Epinephrine	Inhaled (Nebs)	0.05 mL/kg (max 0.5 mL)	Stridor
Corticosteroids			
Dexamethasone	Enteral IM IV	0.6 mg/kg (max 16 mg)	Severe anaphylaxis
Methylprednisolone	IM IV	2 mg/kg (max 80 mg)	Severe anaphylaxis
Prednisone/ Prednisolone	Enteral	2 mg/kg (max 60 mg)	Severe anaphylaxis

Note 5, continued: Anaphylaxis Medications and Dosing

Medication	Route Options	Dosing	Indication
Miscellaneous			
Cetirizine*	Enteral	<6 months: 1.25 mg 6-24 months: 2.5 mg 2-5 years: 5 mg >5 years: 10 mg	Itching
Diphenhydramine*	Enteral IM IV	1 mg/kg (max 50 mg)	Itching
Famotidine	Enteral IV	0.5 mg/kg (max 20 mg)	GI Symptoms (diarrhea, vomiting)
Glucagon	IV	20-30 mcg/kg (max 1 mg)	Patient on beta-blocker and refractory to epinephrine

*Cetirizine preferred over PO diphenhydramine due to longer duration of action, equivalent efficacy, and better side effect profile

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