

Anaphylaxis Guidance (NICE CG134): Do you know your responsibilities?

With a focus on recognising and managing
anaphylaxis

Read the posters for a step by step guide
and
keep your patients safe



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Would you recognise Anaphylaxis?

WHAT TO LOOK FOR

A

Airway

- Persistent cough
- Vocal changes (hoarse voice)
- Difficulty in swallowing
- Swollen tongue

B

Breathing

- Difficult or noisy breathing
- Wheezing (like an asthma attack)

C

Consciousness/Circulation

- Feeling lightheaded or faint
- Clammy skin
- Confusion
- Unresponsive/unconscious (due to a drop-in blood pressure)

Have they been exposed to a known allergen/trigger?

Remember:

- Skin changes on their own are not anaphylaxis
- Skin changes subtle or absent in up to 20% cases
- Can be gastro symptoms too (vomiting, nausea, diarrhoea)





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Assessment and Observation - Over 16 years

People over 16 years must cell tryptase testing as follows:

- A sample as soon as possible after emergency treatment has started 
- A second sample ideally within 1-2 hours (but no later than 4 hours) from the onset of symptoms. 
- Observed for 6-12 hours from the onset of symptoms 
- Offer people a referral to a specialist allergy service 





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Assessment and Observation - Under 16 years

Children younger than 16 years, consider taking blood samples for mast cell tryptase testing if the cause is thought to be venom-related, drug-related or idiopathic:

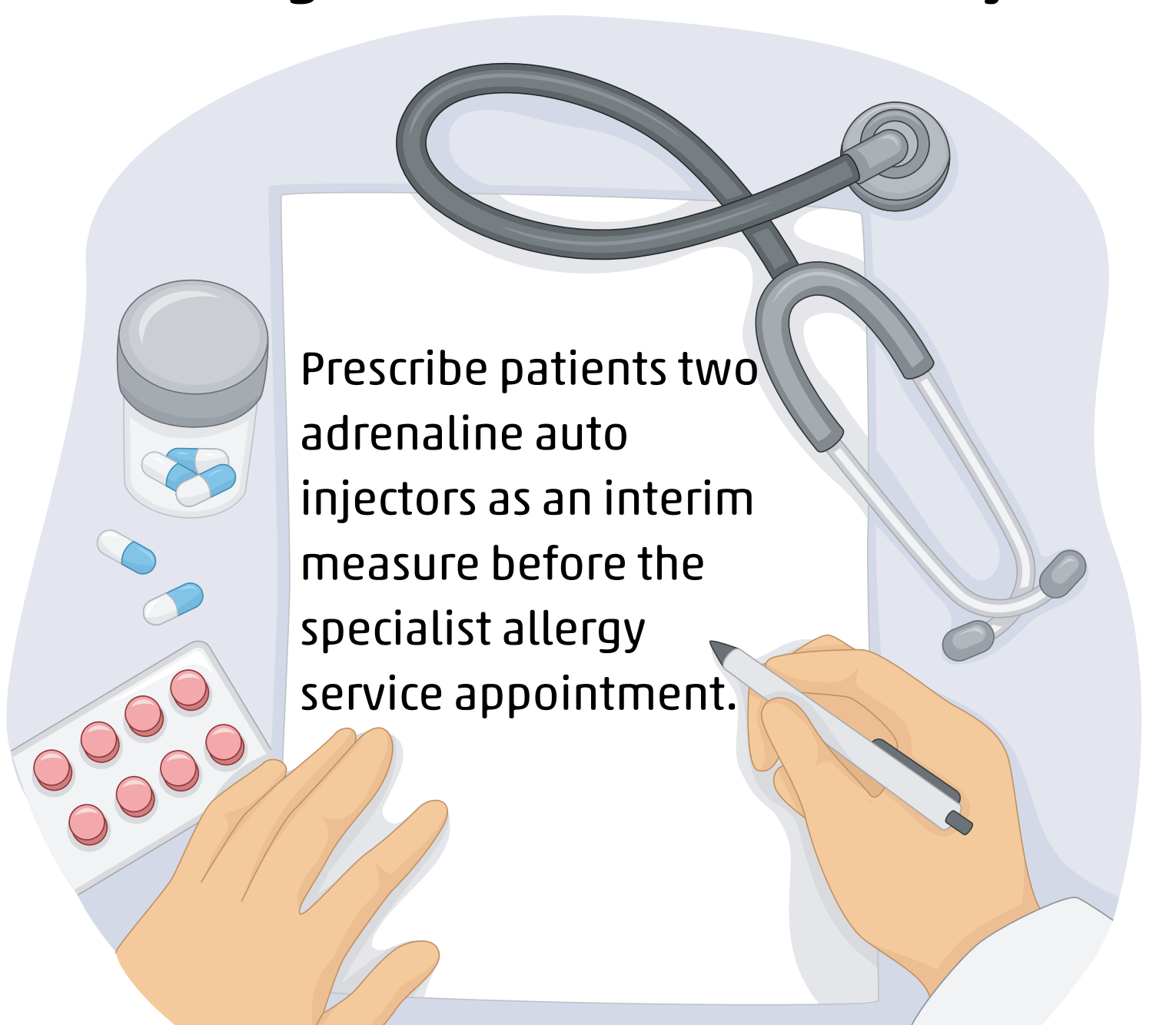
- A sample as soon as possible after emergency treatment has started 
- A second sample ideally within 1-2 hours (but no later than 4 hours) from the onset of symptoms. 
- Children younger than 16 years who have had emergency treatment for suspected anaphylaxis should be admitted to hospital under the care of a paediatric medical team. 
- Referral to a specialist allergy service 

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Prescribing **Two** Adrenaline Auto Injectors



Prescribe patients two
adrenaline auto
injectors as an interim
measure before the
specialist allergy
service appointment.

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Before Discharge

A healthcare professional with the appropriate skills and competencies should offer the following information about:



- Signs and symptoms of Anaphylaxis
- Biphasic reactions
- What to do in an emergency
- Correct use of an adrenaline injector
- How to avoid the suspected trigger
- Referral to a specialist allergy service
- Anaphylaxis Campaign Resources

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