

Adult Allergy Clinic

Severe Allergic Reaction

Action Plan (Pull out and keep)



Individual action plan for the management of a severe allergic reaction

Name

Known allergy / allergies

Contact numbers:

Next of kin Tel:

GP Tel:

1. Mild or moderate symptoms

- Tingling, itching or burning sensation in the mouth
- Rapid development of nettle rash/wheals/hives (urticaria)
- Intense itching
- Swelling, particularly of the face
- Feeling hot or very chilled
- Rising anxiety
- Pale or flushed
- Abdominal pain
- Nausea and/or vomiting
- Mild breathlessness or wheeziness

ACTION

1. Give antihistamines.
2. If prescribed, use a Ventolin or Bricanyl inhaler (Salbutamol or Terbutaline) for mild wheeziness
3. Collect Epipen in case of deterioration.
4. Ask someone to stay with you.

Watch VERY carefully for any worsening of the reaction or a second phase of symptoms several hours later.

2. Severe symptoms (possibly life-threatening, but rare)

- **Severe difficulty in breathing** including either hoarseness, noisy or wheezy breathing or croupy or choking cough
- **Decreased level of consciousness:** dizziness, faintness, floppy, very pale, blue lips, unresponsive.
- **Collapse**

ACTION

1. **Do not leave the person alone**
2. **If decreased level of consciousness, place the person on their side in a comfortable position. If breathing difficulties, a supported sitting position will be better. Give repeated reassurance.**
3. **Inject the EPIPEN in the upper, outer side of thigh. Note the time of injection. (Do not wait for the ambulance to arrive or medical advice before giving the EpiPen.)**
4. **Place in recovery position if unconscious. Attempt resuscitation if necessary.**
5. **Phone 999 – ask a responsible person to phone for an ambulance stating you have a person with anaphylaxis.**
6. **If no improvement after 10 minutes, a second EpiPen can be given. Note the time.**
7. **Ensure the EpiPen is disposed of safely.**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call
01865 221473 or email **PALSJR@ouh.nhs.uk**