



### **Objectives: Allergies and Anaphylaxis**

1. In all patients, always inquire about any allergy and clearly document in the chart. Re-evaluate this periodically.
2. Clarify the manifestations of a reaction in order to try to diagnose a true allergic reaction (e.g. do not misdiagnose viral rashes as an antibiotic allergy, or medication intolerance as a true allergy).
3. In a patient reporting an allergy (e.g. to food, to medications, environmental), ensure that the patient has the appropriate medications to control symptoms (e.g. antihistamines, bronchodilators, steroids, an EpiPen).
4. Prescribe an EpiPen to every patient who has a history of, or is at risk of, anaphylaxis.
5. Educate appropriate patients with allergy (e.g. food, medications, insect stings) and their families about the symptoms of anaphylaxis and the self-administration of the EpiPen, and advise them to return for immediate reassessment and treatment if those symptoms develop or if the EpiPen has been used.
6. Advise patients of symptoms of anaphylaxis that extend beyond dermatologic and respiratory symptoms.
7. Advise patients with any known drug allergy or previous major allergic reaction to get a MedicAlert bracelet.
8. In patients presenting with an anaphylactic reaction:
  - a. Recognize the signs and symptoms
  - b. Treat immediately and aggressively
  - c. Prevent a delayed hypersensitivity reaction through observation and adequate treatment (e.g. with steroids).
9. In patients with anaphylaxis of unclear etiology, refer to an allergist for clarification of the cause.
10. In the particular case of a child with an anaphylactic reaction to food:
  - a. Prescribe an EpiPen for the house, car, school, and daycare.
  - b. Advise the family to educate the child, teachers, and caretakers about the signs and symptoms of anaphylaxis and about when and how to use the EpiPen.
11. In a patient with unexplained and recurrent respiratory symptoms, include allergy (e.g. seasonal allergy) in the differential diagnosis.

\*\* Mapped to the CFPC's 105 priority topics: #3-Allergy