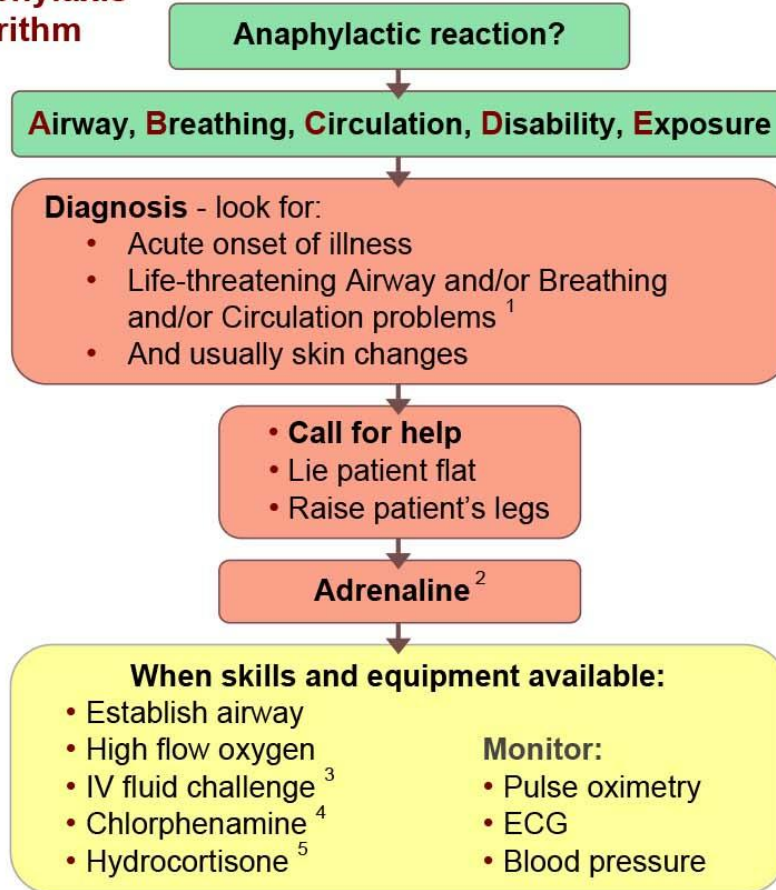


# PAEDIATRICS

## ANAPHYLAXIS



### Anaphylaxis algorithm



#### 1 Life-threatening problems:

**Airway:** swelling, hoarseness, stridor  
**Breathing:** rapid breathing, wheeze, fatigue, cyanosis, SpO<sub>2</sub> < 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)

Adrenaline IV to be given **only by experienced specialists**  
 Titrate: Adults 50 micrograms; Children 1 microgram/kg

#### 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  
 Child 6 - 12 years 5 mg  
 Child 6 months to 6 years 2.5 mg  
 Child less than 6 months 250 micrograms/kg

#### 5 Hydrocortisone (IM or slow IV)

200 mg  
 100 mg  
 50 mg  
 25 mg

See also: ► [Anaphylactic reactions – Initial treatment](#)

## HOW TO USE EPIPEN®

It is important to familiarise yourself with how to use the **EpiPen®** so that you can show your patients. Various studies have shown that many patients (or parents of patients) do not use their pen properly, or in some cases at all, because they have not had sufficient training.<sup>10, 11, 12, 13</sup>

**The procedure is shown below:**

Lie down with your legs slightly elevated or sit up if breathing is difficult.

**1** Form fist around **EpiPen®** and **PULL OFF BLUE SAFETY CAP.**

**2** **POSITION ORANGE END** about 10cm away from outer mid-thigh\*.  
\* Either clothed, or unclothed, avoiding seams and pocket areas.

**3** **SWING AND JAB ORANGE TIP** into thigh at 90° angle and hold in place for 10 seconds.

**4** **REMOVE EpiPen®** Massage injection site for 10 seconds\*.  
\*After use the orange needle cover automatically extends to cover the injection needle.

The pathophysiology and clinical features of anaphylaxis are similar in adults and children; the main difference in the management of anaphylaxis in children is the drug dosages.

Drug	Age >12	6-12 Years	6 months - 6 years	<6 months
<b>Adrenaline</b>	500mcg (0.5ml 1:1000)	300mcg (0.3ml 1:1000)	150mcg (0.15ml 1:1000)	150mcg (0.15ml 1:1000)
<b>Chlorphenamine</b>	10mg IM/IV	5mg	2.5mg	250mcg/kg
<b>Hydrocortisone</b>	200mg IM/IV	100mg	50mg	25mg
<b>Fluids</b>	20ml/kg crystalloid			