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Reactions

Signs of anaphylaxis can vary from very mild to very severe. Some of the mild signs and symptoms are because of the body's reaction to foreign materials. Histamines travel throughout the body and they trigger different symptoms. For example, in the respiratory system can be wheezing, SOB, coughing, and then lead to severe respiratory reactions such as asphyxiation. In the cardiac system it can start out as hypotension and it can lead up to cardiac arrest. In the gastrointestinal system it can start out as abdominal pain and can lead to a loss in one's bladder control. In the central nervous system lightheadedness can be noticed by the patient. And can lead to a loss of consciousness. If someone with an allergy is exposed, they need to self-administer a dose of epinephrine. The video states that one in three patients may need two doses of epinephrine. The second dose is when the exposure is so severe that more medication is needed to save the patient's life in their anaphylaxis state. If there is a need for a second dose of epinephrine, then it should be given within five minutes of the first dose. Patients that know that they may have a severe reaction should always carry two doses of epinephrine. Pollen or hay fever affects one in five people. Adrenaline is what is in the epi pen. The dose of adrenaline is meant to stop the allergic reaction at least until the patient can get to a hospital. Allergies can change throughout our lives. This means that an allergy can lessen as we age. But at the same time this means that allergies can worsen, and people can even develop allergies they never had before. Symptoms can start within minutes of exposure but can also take up to one hour to show signs and symptoms. This is why it is so important that a patient is aware of their allergies and that they always have an epi pen readily available. It is also important to let others know about their allergies in case of an emergency where the patient cannot self-administer their epinephrine.