

Anaphylaxis is a severe systemic allergic reaction. This occurs when a person's body reacts to certain foreign materials. The allergic response begins with exposure. Objects or substances introduced to the body interact with mast cells and basophil cells. In an anaphylactic reaction, antibodies bound to the antigen interact with both mast and basophil cells. These cells release compounds which are known as degranulation. Degranulation releases histamines which travel throughout the body and cause certain reactions to happen like hives, shortness of breath, swelling of the lips, tongue and/or throat, low blood pressure, fast or slow heart rate, a decreased level of consciousness, headache, nausea, and vomiting. You treat anaphylaxis with epinephrine. Epinephrine counters the effects of chemical mediators which constricts blood vessels and stimulates the heart rate. Sometimes a patient might need a second dose of epinephrine. Administer the second within 5 minutes after administering the first dose if the patient's symptoms have not improved. You can die from anaphylaxis within minutes. An allergy is a disorder of the immune system. 1 in 5 people have a pollen allergy. Allergens can cause anaphylactic shock. When the body is attacked by a foreign body, your immune system starts to release immunoglobulin E to fight the allergen however it can release too much histamine. Allergies are passed on through genetics. Allergies can disappear with age but also can appear with age. Pets affect 10% of America's population and are a main allergen that causes people to have a reaction. Allergies are also increasing in urbanized areas. When an individual is hyper sensitive to a substance that's been introduced to their body, their own antibodies react to trigger an immune response. Biochemical mediators are activated during the immune response. Smooth muscle constricts causing bronchospasm. Often cutaneous effects are seen first on the face, mouth, and throat. Nurses should suspect an allergic reaction when they see swelling and hives. Oxygen therapy usually started when a person is in anaphylactic shock. All in all prevention is key when it comes to anaphylaxis. It is very important to identify a patient's medical and family history as well as confirming their allergies while taking care of them.