

Allergic reactions to nuts, shellfish, medications, bee venom etc. can cause an anaphylactic reaction. It does not always cause this the first time your body has been introduced. When the body is introduced it sends antibodies and attaches to mast cells then releases histamine. This is called an IGE reaction. It can happen after the first exposure. Also, pollen, dust or pet hair can not cause an anaphylactic reaction. The body signals those things as "harmless". These allergies can cause a runny nose, sneezing, nasal congestion, and even an itchy, rash. Also when you have one of these anaphylactic reactions, you must seek medical attention. The first line of defense is epinephrine, benadryl and corticosteroid. Benadryl is an antihistamine so therefore it will work to stop the histamine that is released during this reaction. Epinephrine can be used every 7 minutes if ineffective the first time. This helps relax muscles in the airway and tighten up the blood vessels. Epinephrine also known as an Epi-Pen is very expensive. You always give it in the thigh and it can even be given through pants. Hospital's do not always have Epi-Pens readily available so it is always smart to carry one on you at all times. If a person has an anaphylactic reaction from a medication via INT, you want to stop the medication immediately and then check the airway. A lot of the body can be affected by this reaction. Your throat, eyes, neck and face can swell. Your blood pressure will become lower, your pulse increases, you will start to have anxiety due to not being able to breathe. Lots of things can occur during an anaphylactic reaction and that is why you must seek medical attention. This can turn into a very severe situation in a very short amount of time. As a nurse or health care personale you want to make sure the persons' airway is clear and is administered oxygen and given their first line of defense mechanism.