

### Reflection: Reaction

In the first video going over anaphylactic shock, the narrator went into some detail regarding the physiology of the reaction. This video went over an issue I wasn't aware of: a person experiencing anaphylactic symptoms can reoccur within 72 hours of the initial reaction. This issue can arise even if the patient has not had another exposure to the same antigen that caused the initial reaction. This issue is called biphasic anaphylaxis ("Pathophysiology of anaphylactic shock," 2014).

The second video dives into how Epinephrine aids a person experiencing an anaphylactic reaction, specifically at the cellular level. This medication works at organ sites to counter the effects of chemical mediators, thus restricting blood vessels, reducing vascular permeability, relaxing smooth muscles of the airway, and stimulating the heart rate. Epinephrine usually causes even the most dangerous symptoms of anaphylaxis to subside. This video informed me of exactly how Epinephrine works at the cellular level ("Animation describing Anaphylaxis and the bodies," 2009). In the third video, I learned the specifics as to why a person experiences allergies. One interesting fact I learned while watching this video is that allergies (hay fever) is the fifth leading cause of chronic disease. The narrator described this health issue in a way that hadn't been explained to me previously...having allergies is a disorder in the immune system where the body attempts to fight off harmless things in environment as if they were dangerous ("Why Do We Have Allergies?" 2013). Describing allergies as a problem stemming from an immune issue helped my understanding of this subject.

What I learned of the fourth video was the responsibilities that fall on the nurse in order to prevent further harm being done to the patient. The narrator states that upon receiving a patient that possibly presents with anaphylaxis, the nurse should attempt to get a detailed patient history. This action helps the nurse get a better understanding of what is going on with the patient and prevent more harm from being done ("Anaphylactic Shock," 2010). In the fifth video, physiology is once again discussed. This video didn't specifically give more information that wasn't already presented in a previous video, but I did find the imagery helpful as this one of the ways I retain information. Again, all of these videos were incredibly helpful in the learning process and aid in the understanding of the material.

Reference Sheet

Anaphylactic Shock - YouTube. (2010, October 27). Retrieved January 17, 2021,  
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Why Do We Have Allergies? - YouTube. (2013, September 27). Retrieved January 17, 2021,  
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