

Most of the human population are affected by allergies in some sort of way. Some people have minor seasonal allergies such as Hay Fever which has some less severe symptoms such as sneezing, runny nose, and itchy watery eyes. Other people have more severe allergies that can actually lead to a life threatening immune response called anaphylactic shock. Although anaphylactic shock can lead to death if not treated immediately, very few people in the United States die from it. After watching the five videos, I have learned a lot about allergies, anaphylactic shock, and nursing interventions for allergic reactions. An allergic reaction starts when a person that has hypersensitivity to a substance is exposed to that particular substance and the antigen molecules enter their body causing IgE antibodies to bind to mast cells and basophil cells which causes degranulation. I learned that our body mistakes some unharmed things in the environment as harmful and tries to fight it off. Antigens can be ingested (nuts and medications), injected (bee sting), absorbed (poisonous plants and latex) and inhaled (animal dander, pollen, and dust). The most common allergen are pets with nuts and shellfish being the next two common types of allergens. I also learned that a child has a $\frac{1}{3}$ chance of having an allergy to something if one parent is allergic and that chance increases to $\frac{2}{3}$ if both parents have allergies. Some people will have their allergies disappear as they get older while others allergies actually become more severe with age. The most intense form of an allergic reaction is anaphylactic shock. I used to think anaphylactic shock only affected the respiratory system but after watching these videos I have learned that it affects the whole entire body. Anaphylactic shock is extremely life threatening and a person having this reaction needs to be given in Epi pen injection. Epi pens are full of adrenaline and help reverse the most dangerous effects of anaphylaxis. Sometimes people need to be given more than one injection of Epinephrine to be effective. Nurses should be aware of their patients allergies and the reactions those allergies cause them so the nurse is prepared if the patient were to have a severe allergic reaction. One nursing intervention I learned about was covering the patient's hands to discourage them from scratching.