

Brooke Tucker

Reactions

Allergies affect the majority of the human population in some way. Some people suffer from mild seasonal allergies, such as Hay Fever, which causes sneezing, a 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. When a person with hypersensitivity to a substance is exposed to it, antigen molecules enter their bodies, causing IgE antibodies to bind to mast cells and basophil cells, causing degranulation. I discovered that our bodies misinterpret some non-harmful things in the environment as harmful and attempt to combat them. 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 contain adrenaline and can help reverse anaphylaxis' most dangerous symptoms. Epinephrine injections are often required more than once to be effective. Nurses should be aware of their patients' allergies and the reactions they cause so that they can respond appropriately if the patient has a severe allergic reaction. One nursing intervention that I learned from watching these videos was covering the patient's hands to keep them from scratching any rashes or inflamed areas because the areas will just get worse if the patient continues to mess with it.