

## Reactions Summary

What I learned from the videos is that anaphylaxis is a very serious allergic reaction. The videos explained in detail the physiological response from the body to the antigens, and the nursing interventions if we encounter a patient having an allergic reaction.

The number one allergen is pet dander, then shellfish, and then peanuts. What happens to a person's body when they encounter one of these allergens is the allergen attached to an IgE receptor on a mast cell causing the body's immune system to attack. This attack causes the release of histamine, the arteries to vasodilate, smooth muscle to constrict, hypotension, capillary leakage, and many other reactions. These symptoms are serious and usually occur during anaphylactic shock. If a patient is showing signs and symptoms of anaphylactic shock the nurse should administer oxygen and then epinephrine. Just because the patient reacts well to the first dose of epinephrine does not mean that they cannot have a recurrence of symptoms, so the nurse should closely monitor the patient for signs and symptoms of another allergic reaction in case another dose of epinephrine is needed.

The top three allergens are not the only thing that nurses need to be aware of when assessing patients for allergies. Patients can be allergic to drugs, latex, cleaning agents, and other things that they may encounter at the hospital. Always ask the patient what their allergies are and their reaction to the allergen. If the patient states, they are allergic to something make sure it is documented in their chart and that they wear a wristband stating they have an allergy.

What I learned from watching these videos is that anaphylactic shock is a very life-threatening reaction and that the nurse only has minutes to react. Assessing for allergies needs to be taken very seriously because it could be a matter of life or death for the patient.