

Anaphylactic shock is a life-threatening event. It is the body's systemic reaction to the injection, ingestion, or respiration of an allergen. It begins with exposure into the body and the body treats it as an invader which triggers the IGE antibodies. These antibodies will get attached to other cells making them sensitive to the allergen and trigger the release of histamine. Biochemical mediators are released which causes the body to react in many organ systems like cardiovascular, respiratory, cutaneous, neurologic, gastrointestinal, and genitourinary. Anaphylaxis needs immediate medical attention. The first signs of it can be cutaneous with itching, redness, swelling, and hives. Respiratory symptoms can become so severe that the patient can stop breathing and cardiac symptoms can get their blood pressure so low that the patient can pass out as causing severe cardiac depression due to their coronary vessels constricting. There is an excessive amount of mucus secretion. Our body's defense mechanism can lead to ineffective tissue perfusion that will result in impaired cellular metabolism. Epinephrine is an adrenaline shot that works rapidly to counter the effects of the chemical mediators and relaxes smooth muscles of the airway. If symptoms have not improved within five minutes, a second dose may be needed. It will temporarily stop the anaphylactic shock until a doctor can get to the patient. Hay fever is the fifth leading cause of chronic disease. Allergies are passed through genetics. There is a 1 in 3 chance for allergies from one parent and a 4 in 5 chance of allergies from both parents. Pets, shellfish, and peanuts are the most common allergies. Symptoms may reappear within 72 hours of initial exposure. Early recognition and treatment are key for the patient surviving. It is important as a nurse to investigate and go through their medical history to figure out why this happened, and what medications they are on to not cause further harm. When getting a complete history of their allergies it is important to know how they respond in each. Oxygen therapy will probably need to be started on the patient. As well as Benadryl and corticosteroids.