

Reaction Video Reflection IM3

Throughout the reaction videos I learned, what causes an anaphylactic reaction, signs and symptoms, and how to treat it. Anaphylaxis is a type one allergic reaction that is typically caused by either food, drugs, or insect bites. With an anaphylactic attack, the patient has been exposed to something that causes the IgE in the body to recognize and attack itself. This leads to extreme amounts of inflammation in the body and can cause leakage. The biggest difference between an anaphylactic reaction and other types of allergies is anaphylactic is a reaction that is systemic, aka effects many types of organ systems within the body. The treatment for this is targeted to prevent further destruction of mast cells. This leads to a systemic reaction that is fatal if not taken care of immediately. The patient can present with hives, swelling, a cough, difficulty breathing, wheezing, tachycardia, hypotension, sweating, and GI issues. The most important factor with a reaction like this is to maintain the airway. When the airway swells up the patient begins to have difficulty breathing, if not taken care of immediately the airway can swell closed causing the patient to stop breathing all together. If this happens, it is a matter of time until the patient's heart will also stop. One of the biggest learning moments for this reaction was that it also effects the gastrointestinal tract. The treatment for a reaction like this is epinephrine. If the patient knows they are deathly allergic to something they might have an epi pen with them. This is a single shot that goes into the outer thigh. Although, this is highly effective, it is important to know that these are very expensive so a nurse would need to be an advocate in this situation. The second line of defense is Benadryl, but this alone will not fix an anaphylactic response. Allergy testing can be done to inform the person of what kind of allergen they cannot tolerate. An important fact is that these types of severe reactions do not always occur with the first exposure. Overall, these videos gave a lot of details covering allergies and anaphylaxis.