

# Kittitas County Prehospital Care Protocols

**Subject:** EPINEPHRINE FOR ANAPHYLAXIS-EMT

## MEDICATION:

- Generic: Epinephrine 1:1000
- Trade: Adrenaline, Epi-Pen, Epi-Pen Jr.

## ACTIONS :

- Dilates the bronchioles
- Constricts blood vessels

## INDICATIONS:

- ***Known or Suspected Trigger – Food or drug allergy, or recent insect sting;***
- Patient exhibits signs of a severe allergic reaction, including either respiratory distress/***oral swelling***, hypotension (shock), ***or progressive/wide spread hives.***

Note: Mild hives or rash may be an indicator of an allergic reaction, but alone does not warrant administration of epinephrine.

## CONTRAINDICATIONS:

- No absolute contraindications when used in a life-threatening situation

## PRECAUTIONS:

- Protect from light.
- Blood pressure and pulse must be monitored
- ***Patients with signs of anaphylaxis who are elderly, have hypertension, or ischemic heart disease should be given Epi with caution. If there is doubt or ambiguity about the diagnosis call paramedics or local ED.***

## SIDE EFFECTS:

- Increased heart rate, cardiac arrhythmias, cardiac arrest
- Angina/chest pain, palpitations
- Hypertension
- Pallor, sweating
- Headache, dizziness
- Tremor, weakness
- Nausea, vomiting
- Nervousness/anxiety

## DOSAGE:

- **Adult** - 0.3mg (30 kg or 66 lbs and higher)
- **Infant and Child** - 0.15mg (under 30 kg or 66 lbs)
- Repeat dosage per on-line medical control

**Effective Date:** 8/4/2014 (DOH approved)

**Medical Program Director: Jackson S. Horsley, MD**  
(signed copy on file)

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## MEDICATION FORM:

- Auto-injector: liquid via a commercially pre-loaded, measured dose, auto-injectable syringe system
- Syringe: liquid manually drawn up from **vial (1mL) only, unless unavailable**

**Note: The “Check & Inject” kits – EMT Epinephrine Injection Process, is the only MPD approved syringe administration method in Kittitas County.**

## ROUTE OF ADMINISTRATION:

- Intramuscular Injection – **lateral thigh only**

## METHOD OF ADMINISTRATION BY PROVIDER:

- Auto-injector (adult & pediatric): **EMTs without annual MPD approved ongoing training for “Check & Inject” program**
- Syringe: **EMTs with annual MPD approved ongoing training for “Check & Inject” program**

**INJECTION PROCEDURE:** Confirm that patient is experiencing an allergic reaction/anaphylaxis and meets the above criteria.

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| <ol style="list-style-type: none"><li>1. Confirm correct medication and check expiration date.</li><li>2. Prep patient’s skin.</li><li>3. Insert needle into medication vial, draw up desired dose and remove all air bubbles from syringe.</li><li>4. Insert needle into patient’s anterior lateral mid-thigh at a 90-degree angle to the skin surface.</li><li>5. Retract plunger to check for blood.</li></ol> | <ol style="list-style-type: none"><li>6. Inject medication.</li><li>7. Remove needle and engage needle safety device and place needle/syringe into sharps container.</li><li>8. Massage injection site for at least 15 seconds.</li><li>9. Reassure patient and monitor for response/side effects and vital signs every 3-5 minutes.</li><li>10. <b>Document:</b> Medication, dose, site, time, vitals before/after, and patient response to therapy.</li></ol> |
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