

Kittitas County Prehospital Care Protocols

SUBJECT: EPINEPHRINE FOR ANAPHYLAXIS (EMT & EMR-Auto Injector only)

MEDICATION:

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

ACTIONS :

- Dilate the bronchioles
- Constricts Blood Vessel

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/widespread 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 online medical control or incoming ALS Unit (paramedic).

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

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MEDICATION FORM:

- **Auto-injector (EMR Only):** 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): **EMR (only)** and 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.

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