

MANAGING ANAPHYLAXIS in a Community Pharmacy: *Put CAPE Into Action*



Be prepared. Know the symptoms of anaphylaxis. Develop a protocol, have EMS contact numbers posted, and have a management kit available.

When you recognize anaphylaxis, it is important to take immediate action.

The 4 steps outlined below (CAPE) should be done **promptly** and **simultaneously**.



CALL

Call 911 or emergency medical services.



ASSESS



Airway/breathing: swollen lips/tongue, wheeze, stridor, respiratory distress



Circulation: tachycardia, hypotension



Skin changes: angioedema, hives, pruritus, erythema, diaphoresis



GI symptoms: nausea, vomiting, diarrhea, abdominal pain



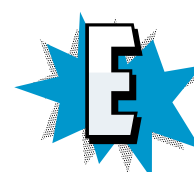
Mental status: loss of consciousness not improved by positioning, severe anxiety or distress

Note that anaphylactic symptoms occur suddenly, progress rapidly, and involve two or more body systems.



POSITION

- Position patient on their back (supine) and elevate lower extremities.
- KEEP patient in this position until EMS arrives.
- If patient is in respiratory distress: keep comfortable and elevate head and chest.
- If vomiting or unconscious: place lying on side.
- If pregnant: place lying on left side.
- Secure an oral airway if necessary (head tilt, chin lift).



INJECT EPINEPHRINE

Allerject® dosing:

15kg-30kg = 0.15mg
>30kg = 0.3mg

Emerade™ dosing:

15kg-30kg = 0.15mg
>30kg-60kg = 0.3mg
> 60kg = 0.3mg to 0.5mg depending on clinical judgement

Epipen® dosing:

Children
15kg-30kg = 0.15mg (Epipen Jr®)

Children and adults
>30kg = 0.3mg (Epipen®)

Repeat epinephrine every 5 mins as needed for ongoing anaphylactic symptoms to a maximum of 3 doses total.

Check out the QR code for more information about managing anaphylaxis:

