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 911 or emergency medical services.



Airway/breathing: swollen

lips/tongue, wheeze, stridor, respiratory distress



Circulation: tachycardia, hypotension



Skin changes: angioedema, hives, pruritus, erythema,



Gl 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 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).



Allerject[®] dosing: 15kg-30kg = 0.15mg>30kg = 0.3 mg

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 = 0.3 mg(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:



Adapted from: Public Health Agency of Canada. Anaphylaxis and other Acute Reactions following Vaccination: Canadian Immunization Guide Ottawa: Government of Canada; [updated 16 Mar 2021; cited 23 Sep 2021]. Available from https://www.canada.ca/en/public-health/services/publications /healthy-living/canadian-immunization-guide-part-2-vaccine-safety/ page-4-early-vaccine-reactions-including-anaphylaxis.html

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diaphoresis

