Definition: Anaphylaxis is a clinical syndrome resulting from massive uncontrolled chemical mediator release that results from antigen exposure (food, drug, insect venom) leading to mast cell and basophil IgE crosslinking/activation.

1) **Consider a diagnosis of anaphylaxis** when two major body systems are rapidly deteriorating
   - Derm -> flushing, hives, rash (2/3)
   - Pulm -> SoB, wheezing, “throat lump” (1/2)
   - CV -> Hypotension, bradycardia (1/3)
   - GI -> NVD (1/3)

2) **Give epinephrine early + often** (usually IM)
3) **Very seriously consider intubation**
4) **Give antihistamines** like Diphenhydramine (H1) and Ranitidine (H2)
5) **Give steroids** which decrease recurrence rate
6) Discharge the patient with a **home epinephrine pen** and make sure they know how to use it

Quick Facts

- Consider that they pt may be on **beta blockers**. **If your epinephrine is not working**, the antidote is glucagon! Beta blockers increase severity, longevity, and treatment refractoriness of anaphylaxis.
- Anaphylaxis is a deadly clinical diagnosis with acute multisystem dysfunction