

## **ANAPHYLAXIS- For follow-up assessment in the allergy clinic**

### **Anaphylaxis Definition:**

- Any acute onset illness with typical skin features (urticaria or pruritic erythema, angioedema) **PLUS** respiratory and/or cardiovascular and/or persistent severe gastrointestinal symptoms **OR**
- Any acute onset of hypotension or bronchospasm or upper airway obstruction where anaphylaxis is considered possible, even if typical skin features are not present.
- ALWAYS refer confirmed or suspected anaphylaxis for specialist assessment and targeted interventions  
E.g. desensitisation to insect venom (Immunotherapy).

### **Information Required**

- Symptoms, severity and interval between exposure and reaction
- Suspected trigger (food, drug, venom, idiopathic)
- Current comorbidities and medications
- Confirm if EpiPen prescribed in conjunction with Anaphylaxis Action Plan.

### **Investigations Required**

- Serum tryptase taken between 30 minutes and 6 hours after onset of symptoms
- Serum specific IgE for suspected allergen- honey bee, common wasp, paper wasp, jumper ant, food, drug (penicillin)
- baseline mast cell tryptase 24 hours after recovery

### **Fax referrals to Allergy/Clinical Immunology Service**

Royal Adelaide Hospital

Fax: 08 7074 6241

### **Red Flags: Acute Anaphylaxis**

**Do NOT contact OPD or on-call immunologist**

**Call 000 or ambulance to transfer to Emergency Department**

#### **First aid:**

- Lay person flat if faint or dizzy, do NOT allow them to stand or walk
- Give adrenaline via autoinjector or ampoule if available
- Further adrenaline doses may be given if no response after 5 minutes

### **Suggested GP Management – Post-anaphylaxis**

- **Authorisation for PBS prescription of adrenaline autoinjector:**
  - For Insect allergy, Food allergy (if not easily avoidable), Idiopathic (not usually for drug allergy)
  - Phone RAH Clinical Immunology/Allergy Registrar or Immunologist on call to request the use of an Immunologist name to authorize PBS prescription for initial Adrenaline Autoinjector (EpiPen®) 7074 0000
- Anaphylaxis Action Plan/Management Plan [www.allergy.org.au](http://www.allergy.org.au)
- Psychological support: Alleviate alarm.
- Ensure any asthma is well controlled.
- Educate on strict avoidance of allergen.

### **Clinical Resources**

- Australasian Society of Clinical Immunology and Allergy (ASCI) [www.allergy.org.au](http://www.allergy.org.au)
  - Anaphylaxis Action Plan
  - Anaphylaxis e learning for health professionals.
- Allergy & Anaphylaxis Australia [www.allergyfacts.org.au](http://www.allergyfacts.org.au)

General Information to assist with referrals and the referral templates for the RAH are available to download from the CALHN Outpatient Services website: <https://www.rah.sa.gov.au/health-professionals/outpatient-referrals>

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