

Learn To Treat Dangerous Anaphylactic Shock



Causes Of Anaphylactic Shock

An anaphylactic reaction is an extremely dangerous allergic reaction. This occurs following a massive over reaction from the body's immune system. During an anaphylactic reaction massive quantities of histamine are released from immune cells.

This can cause a rash/itching along with life threatening issues relating to **Airways** (e.g. swelling of tongue), **Breathing** (e.g. asthma attack) and **Circulation** (e.g. dizziness) problems, also commonly referred to as **ABC**.

Common causes of reactions which require immediate treatment include:

Insect Stings – Ants, Bees and wasps etc.

Food & Drink – Nuts, milk, eggs, seeds, seafood etc.

Drugs & Prescriptions – Ibuprofen, penicillin etc.

Materials – Latex in balloons, gloves and condoms etc.



Signs Of Shock To Look For

There are 3 clear signs to look for when diagnosing Anaphylaxis.

1. Rapid onset and progression of becoming ill
2. Life threatening problems with **Airway, Breathing** and **Circulation** or a combination (they may have only 1 of these problems or all 3)
3. Skin rash or swelling

Treatment

Get Help – Most importantly call 999/112 to get emergency specialist assistance.

Whilst you await support – Ensure the casualty is laid comfortably. Lay the casualty down and raise their legs to return blood flow to vital organs. **Airway or Breathing Issues Only** – Take extreme care to position them upright if this assists them with breathing.

It is important to remember when an individual feels light headed or is likely to faint, they should not be moved.

Adrenaline Auto-Injectors – Some people who suffer with allergies may carry an auto injector of adrenaline. If given immediately this can be a life saver. Doses can be given at 5 minute intervals if necessary.

Unconsciousness – Check airway by gently tipping the head back and lifting the chin to open their airway once the casualty is on their back. Look, listen and feel for normal breathing. Begin CPR if the casualty is barely or not breathing.

Hands On Training

Our [Qualsafe First Aid at Work course](#) will provide you with the confidence and competence to deal with First Aid scenarios such as anaphylaxis. Train on our 3 day course available in Edwinstowe.

Let's start a conversation, contact our friendly team today.