

Idiopathic Scenario

40 year old female who exercised approximately 2 hours before the sudden onset of generalized itching and becoming faint. Her skin shows generalized redness.

Covers:

All episodes of anaphylaxis that a specific trigger is not identified. Exercise anaphylaxis is considered under this category.

Symptoms:

- Progressive itching, generalized
- Acute wheezing and cough, cyanosis or pallor
- Vascular collapse
- Throat tightening & itching

“Pearls”:

- As the name implies, idiopathic has all the earmarks of a systemic allergic reaction, but no obvious trigger.
- Patients that are hypotensive (vascular collapse) should remain recumbent until they are stable
- The patient may have only hypotension without skin or pulmonary symptoms
- In patients with a lot of fat tissue the needle may not be long enough to reach the muscle, so a longer needle may need to be employed or pressing very hard while injecting
- Can be confused with hereditary angioedema

Intervention:

- Epinephrine 1-1000 0.3-0.5 ml/kg immediately (.01 ml/kg) May repeat every 5 minutes
- Volume support
- Oxygen
- Bronchodilators
- If patient can not be stabilized, continue with CPR & ACLS recommendations
- Be careful if the patient is obese
- If you cannot tell, intervention is the same regardless of the trigger