

# (ANAPHYLAXIS) NURSING CARE PLAN

## Medical Diagnosis: Anaphylaxis

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> <li>• Chest tightness</li> <li>• Difficulty swallowing</li> <li>• Stomach cramping</li> <li>• Shortness of breath</li> <li>• Dizziness</li> <li>• The feeling of impending doom</li> </ul>	Administer epinephrine or EpiPen auto injector if available	Antihistamines are not adequate to treat true anaphylaxis. Administer epinephrine or EpiPen immediately.
	Monitor airway and oxygenation status; prepare for intubation or emergent tracheostomy if necessary to maintain airway.	Airway obstruction is the most common manifestation of anaphylaxis and can be fatal. Monitor ABG and oxygen saturation.
<b>Objective Data:</b> <ul style="list-style-type: none"> <li>• Rash, hives (usually itchy)</li> <li>• Weak, rapid pulse</li> <li>• Hypotension</li> <li>• Swollen throat</li> <li>• Hoarse voice</li> <li>• Coughing</li> <li>• Vomiting</li> <li>• Diarrhea</li> <li>• Pale or red color to the face and body</li> </ul>	Perform CPR if necessary	Anaphylaxis may occur quickly and result in cardiac or respiratory arrest. Provide CPR or rescue breathing as necessary
	Monitor vital signs; assess for signs of shock	A drop in blood pressure and elevation of heart rate are signs of shock.
	Position patient upright in high-Fowler's position if conscious	Positioning is to lessen airway obstruction and encourage optimal gas exchange by promoting maximum chest expansion.