

EPI-PEN Administration and Caring for a Choking Victim

Bellefontaine City Schools Staff
Member Training

Overview

- This presentation will discuss the steps to proper administration of an EPI-PEN to a person who is in need.
- Information will be presented on how to care for a victim who is conscious and choking.

Goals

- Reader will be able to recognize when EPI-PEN administration is needed
- Reader will be able to verbalize the steps to administer and EPI-PEN
- Reader will be able to verbalize the steps to caring for a conscious choking victim

Anaphylaxis

- According to the Food Allergy & Anaphylaxis Network (FAAN) “Anaphylaxis is a severe allergic reaction that is rapid in onset and may cause death”
- The most common cause of anaphylaxis is caused by food allergies including things like: Peanuts, Tree Nuts, Eggs, Milk and many others.

Signs of Anaphylaxis

- Difficulty breathing
- Swelling of the tongue and/or throat
- Difficulty talking or a hoarse voice
- Wheeze or persistent cough
- Loss of consciousness

(Reference: www.allergy.org.au)

Treatment of Anaphylaxis

- If an EPI-PEN prescribed to that person is available it should be given and 9-1-1 should be notified immediately following administration
- If No EPI-PEN is prescribed then 9-1-1 should be immediately notified

Steps to Administer an EPI-PEN

1. Put on Gloves
2. Remove cap from carrying case
3. Form fist around EPI-PEN and pull off grey cap
4. Place black end against outer-mid thigh (can go through clothing)
5. Push down HARD and hold in place till a click is heard or felt for 10 seconds
6. Remove EPI-PEN (do NOT touch needle) and massage injection area for 10 seconds
7. After administration notify 9-1-1 immediately and place used EPI-PEN in carrying case and send with EMS

Considerations

- When in doubt about administering an EPI-PEN it is ***better to give*** it than not give it.
- When possible stay with the person until EMS arrives trying to make them as comfortable as possible
- After an incident occurs document the time the reaction started, what signs and symptoms were noticed, what time EPI-PEN was given, and what time EMS arrived.

Caring for a Choking Victim

- If the person is coughing and/or talking let them continue to do so without any intervention
- If the person can NOT: breathe, cough, make noise, or makes a high pitched sound they are choking and need abdominal thrusts

Steps to Abdominal Thrusts

1. Explain to the person you are going to try to help and give abdominal thrusts
2. Stand or Kneel behind the choking victim and wrap arms around making one hand into a fist and placing it just above the belly-button the other hand grasps onto your wrist.
3. Push in and up quickly and forcefully, continue until object is expelled, person starts making noise on their own, or becomes unconscious at which time CPR should be started.

Special Considerations

- If the choking victim is a small child only one arm may be needed to perform thrust
- If the choking victim is pregnant thrusts need to be performed above the belly and go straight back not up

Closing Remarks

- The following slide has 4 quiz questions which must be completed and turned in to your building secretary
- Any questions or concerns about this information please contact:

Katie Buffkin RN/MSN
District Nurse
Bellefontaine City Schools
(937)593-0545
buffkin@bellefontaine.k12.oh.us

Reference Websites

- www.allergy.org.au
- www.foodallergy.org