



EDITOR'S NOTE:

This frightening story reminds us that:

- Most reactions occur when people with food allergy are away from home and eating unlabelled food.
- We must ALWAYS ask about food content (even if you think you are being a pain or someone is too busy to help!) otherwise DO NOT EAT.
- Like children, adults with food allergy need to be under the care of an allergist for ongoing education and management. Allergies change all the time.
- A&AA advice is to always take two adrenaline autoinjectors with you when travelling. If your doctor only prescribes one device, discuss the issue of how many devices you should carry with them prior to travel. Some people need a second dose after 5 minutes and 15% of people can have what is called a biphasic response as did the lady above. It is difficult to predict who will need a second dose of adrenaline and emergency help is not always as close by as we need it to be.
- Whilst most airplanes have adrenaline in their Medical Kit, some do not. Some have only adrenaline ampoules, some have adrenaline ampoules and autoinjectors and some have none. If adrenaline is available in the form an ampoule, a needle and syringe are required and flight crew rely on a doctor or nurse being on the flight (as passengers) to have it administered in an emergency.
- Every patient should have an ASCIA Action Plan for Anaphylaxis which specifically addresses posture of the person having the allergic reaction. Always lay the patient down, let them sit up IF they have difficulty breathing but do not allow them to stand. Lay them straight back down should they become dizzy or light-headed and do not move them until emergency help is available.

**Remember to complete a copy of the Anaphylaxis event record if you have a reaction.
Available from www.allergy.org.au on the Anaphylaxis Resources page.**

For further information on travel visit

A&AA <https://allergyfacts.org.au/allergy-management/risk/travelling-with-allergies>

ASCIA <http://www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-travel-plan-anaphylaxis>

Copy of Anaphylaxis Event Record on the following page



**Allergy & Anaphylaxis
Australia**

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Anaphylaxis event record (to be completed by doctor or patient)

Date of reaction: _____ Time of reaction: _____

Suspected trigger/s (specify if known):

- Food _____
- Drug _____
- Insect _____
- Unknown _____

Signs/symptoms:

- Hives
- Tingling mouth
- Swelling of lips
- Swelling of tongue
- Swelling in throat
- Tightness in throat
- Difficult/noisy breathing
- Difficulty talking/hoarse voice
- Wheeze
- Persistent cough
- Persistent dizziness
- Collapse
- Pale and floppy
- Vomiting
- Abdominal pain

Location of reaction:

- Home
- Work
- School
- Dining out
- Childcare
- Other _____

Activity immediately before reaction:

- Eating
- Exercise
- Gardening
- Other _____

Please indicate if any of the following occurred 4-6 hours prior to the reaction:

- Eat foods/snacks _____
- Eat foods that made you itchy in the mouth or throat _____
- Take any prescribed medications _____
- Take non-prescription drugs _____
- Take herbal medicines _____
- Have asthma symptoms _____

If yes, how soon after exposure did symptoms begin? _____

Has patient had previous allergic reactions?

- Yes How severe? _____ Allergen? _____
- No

Patient received treatment:

- Location of reaction
- At GP/medical centre
- In hospital
- By ambulance? Yes No

Medication given:

- Adrenaline autoinjector
- Adrenaline ampoule
- Antihistamine
- Bronchodilator
- Steroids
- Other:

Additional information: _____

On discharge, did the patient receive any of the following:

- Adrenaline autoinjector
- ASCIA Action Plan for Allergic Reactions
- ASCIA Action Plan for Anaphylaxis
- Patient education resources

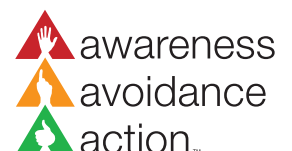
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<http://www.allergy.org.au/health-professionals/anaphylaxis-resources/anaphylaxis-event-record>



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