

Anaphylaxis Checklist for General Practice

This checklist has been developed to assist General Practitioners optimise the management of patients with severe allergies who are at risk of anaphylaxis.

- Record history of the allergic reaction, suspected triggers and assess severity** (e.g. using ASCIA anaphylaxis event record).
www.allergy.org.au/health-professionals/anaphylaxis-resources/anaphylaxis-event-record
- Prescribe initial adrenaline autoinjector** for newly diagnosed patient and if necessary contact a specialist (allergy, respiratory, paediatrician) for authority prescription, pending specialist appointment.
www.allergy.org.au/health-professionals/anaphylaxis-resources/adrenaline-autoinjector-prescription
- Refer to allergy specialist** and provide relevant clinical history.
- Check adrenaline autoinjector expiry, renew prescription and check that the dose is appropriate for their weight/age:** 10-20kg - 0.15mg device; Over 20kg - 0.30mg device.
- Complete and sign ASCIA Action Plan for Anaphylaxis.**
www.allergy.org.au/health-professionals/ascia-plans-action-and-treatment
- Complete and sign ASCIA Travel Plan, if required.**
- Inform patient/carer that progression and severity of allergic reactions can be unpredictable.** Most food reactions can start within 20 minutes or up to 2 hours after ingestion.
- Educate patient/carer** on how to give the adrenaline autoinjector (using trainer devices), recognition and treatment of allergic reactions, carrying and storage of their adrenaline autoinjector and appropriate allergen avoidance measures. For information go to:
www.allergy.org.au/health-professionals/anaphylaxis-resources
www.allergy.org.au/patients/information
- If patient has asthma,** review and optimise asthma management and educate about asthma and anaphylaxis. www.allergy.org.au/patients/asthma-and-allergy/asthma-and-anaphylaxis
- Inform patient/carer about support organisations:**
Allergy & Anaphylaxis Australia (www.allergyfacts.org.au)
Allergy New Zealand (www.allergy.org.nz)
- Inform patient/carer about adrenaline autoinjector expiry reminder services.**
- Encourage annual GP appointment** to review if new allergies have developed, if more severe allergic reactions have occurred and to renew action and travel plans.