

**San Mateo Union High School District
Office of the District Nurse**

Anaphylaxis Management Test for Training Unlicensed Personnel

Name _____

Date: _____

Please circle the most appropriate answer to each of the following questions:

1. Anaphylaxis is:
 - a. always accompanied by hives
 - b. a rapid, severe allergic response
 - c. easy to avoid if you know the cause
 - d. always due to an obvious cause

2. The most commonly documented causes of anaphylaxis include:
 - a. food allergies
 - b. medications & insect venom
 - c. latex
 - d. all of the above

3. The most distinctive symptoms of anaphylaxis include:
 - a. headache, increase in blood pressure, generalized flushing of skin, hives
 - b. sweating, hives, decreased heart rate
 - c. wheezing, hives, increase in blood pressure, decreased heart rate
 - d. hives, difficulty breathing or swallowing, swelling of the throat, lips, tongue, or around the eyes

4. Other common symptoms of anaphylaxis may include:
 - a. rapid decrease in blood pressure, usually exhibited by lightheadedness, dizziness, or fainting
 - b. anxiety or an overwhelming sense of doom
 - c. abdominal cramps, nausea, vomiting, or diarrhea
 - d. all of the above

5. Epinephrine is the drug treatment of choice for allergic emergencies because:
 - a. one dose will adequately reverse life-threatening symptoms
 - b. it constricts blood vessels, relaxes smooth muscles in the lungs to improve breathing, and reverses swelling
 - c. it is available without a prescription in a single-dose auto-injector device called an Epi-pen
 - d. it decreases heart rate & blood pressure, and relieves anxiety to improve breathing

6. When using an Epi-pen, how long must the needle be held in place to be sure all of the medication has been delivered?
- 30 seconds
 - 1 minute
 - 10 seconds
 - 3 seconds
7. Side effects of epinephrine may include:
- itching, flushed skin
 - decreased heart rate, sweating
 - rapid heart rate, palpitations, respiratory difficulty
 - drowsiness, lethargy
8. Everyone experiencing a severe allergic reaction:
- will have hives
 - will be carrying emergency medication
 - is advised to have 911/emergency medical care following administration of epinephrine
 - will survive if treated properly with one dose of epinephrine
9. California Education Code mandates:
- that minimum standards of training for the administration of epinephrine in schools through the use of an auto-injector (Epi-pen) includes that the individual be CPR certified
 - that a minimum of 3 individuals at each school site be trained in the administration of epinephrine
 - that epinephrine be available for use by trained individuals for allergic emergencies
 - nothing regarding training for the administration of an Epi-pen/auto-injector used for the treatment of anaphylaxis
10. It is advisable for high school students with a documented risk of anaphylaxis:
- to store an extra auto-injector/Epi-pen in the glove compartment of the family car for use in an emergency
 - to have an extra auto-injector/Epi-pen protected in a locked medication storage area in the health office
 - to attend a "peanut-free" school, if allergic to peanuts
 - to carry an auto-injector/Epi-pen used for the treatment of anaphylaxis and be trained/prepared to self-medicate in an emergency when capable and authorized by a physician and parent