

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

Answer Key for Anaphylaxis Management Knowledge Test

- 1. b** Anaphylaxis is a rapid, severe allergic response.
- 2. d (all of the above)** The most commonly documented causes of anaphylaxis include (a) food allergies, (b) medications & insect venom, and (c) latex.
- 3. d** The most distinctive symptoms of anaphylaxis include hives, difficulty breathing or swallowing, swelling of the throat, lips, tongue, or around the eyes.
- 4. d (all of the above)** 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, and (c) abdominal cramps, nausea, vomiting, or diarrhea.
- 5. b** Epinephrine is the drug treatment of choice for allergic emergencies because it constricts blood vessels, relaxes smooth muscles in the lungs to improve breathing, and reverses swelling.
- 6. c** When using an Epi-Pen®, how long must the needle be held in place to be sure all of the medication has been delivered? 10 seconds
- 7. c** Side effects of epinephrine may include rapid heart rate, palpitations, and respiratory difficulty.
- 8. c** Everyone experiencing a severe allergic reaction is advised to have 911/emergency medical care following administration of epinephrine.
- 9. a** 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.
- 10. d** It is advisable for high school students with a documented risk of anaphylaxis to carry and 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.