UNIT 13 MANAGEMENT OF ALLERGY AND SHOCK

Structure
13.0 Introduction
13.1 Objectives
13.2 Allergy
   13.2.1 Recognizing and Assessing Victim with Allergy
   13.2.2 Procedure for First Aid in Allergy
13.3 Shock
   13.3.1 Recognizing and Assessing Victim in Shock
   13.3.2 Procedure for First Aid in Shock
13.4 Let Us Sum Up
13.5 Keywords
13.6 Answers to Check Your Progress
13.7 Activities
13.8 References

13.0 INTRODUCTION

You must have gone through the theory unit of Allergy and Shock in theory course Block 4 as Unit 5. Here we shall be discussing the practical aspects of providing first aid to person with allergies and shock. You will come to know the steps as to how a person with allergies is to be given first aid at home and when he/she has to be shifted to hospital. You will also learn about quickly identifying a person with shock and providing first aid to the person and shifting the person to hospital for further care.

13.1 OBJECTIVES

After the completion of this unit, you will be able to:

- recognize Allergies and Shock;
- assess a victim with Allergies and Shock;
- demonstrate First aid in case of Allergies and Shock; and
- perform First Aid as and when required.

13.2 ALLERGY

In this section we will be dealing about allergy, recognition, assessment and first aid.

13.2.1 Recognizing and Assessing Victim with Allergy

Recognizing Allergy
Purposes

The purpose of this procedure is to recognize Allergies due to various causes.

Articles required

You will require various flashcards and discussing various case scenarios for recognizing these emergencies.

Procedure

Step 1 To recognize Skin allergy, you will note that the victim has skin rash, burning, severe itching, and swelling leading to redness and blister formation (Fig. 13.1).

Step 2 To recognize Food/Drug Allergy, you will note that the victim has hives, rashes on skin, fever, itching, nausea, vomiting, diarrhoea, runny nose or watery eyes. There may be trouble in swallowing with Dizziness, weak pulse, fast respiration (Fig. 13.2).

Step 3 To recognize Insect bite or sting allergy, you which includes redness, swelling, itching, sharp pain or burning at the sting site. Severe allergic reaction can occur in case of extreme stings or poisons from insects/bugs. This has been elaborated in Unit 5 of Theory Block 4 and Practical Unit 13 of this Block (Fig. 13.3).
Step 4  To recognize Allergy by Inhalation, you will note that victim will have running nose, redness of eyes and nose, watery eyes, headache. The person may have fatigue, itching in nose, throat and eye. He can also develop breathing difficulty (Fig. 13.4).

Assessing victim with Allergy

Purpose
The main purpose of assessing the victim is to conduct assessment and provide first aid.

Articles required
For this activity you need to have a volunteer. However, he/she should be explained that they would have to be placed in a specific position by changing the posture.

Procedure
Step 1  Ask the volunteer to act as victim. Ask him/her to lie down on their back/sit as required.

Skills: The volunteer should sit/lie down comfortably. When lying he/she should lie on back with hand on the side of his/her body and both the feet straight.
Step 2  Conduct assessment as per the flow-diagram given below.

Skills: Perform Primary assessment and monitor the various allergies. Check to find out the requirement of the situation.

Step 3  Assess and Monitor the victim.

Step 4  Give first aid

Skills: The specific first aid has been discussed in Section 13.2.2 of this unit.

Step 5  Record and Report the findings, call for ambulance and Transport the victim.

Therefore, in this section we learnt the steps of assessment of scene and the victim when the emergency has arisen and when the emergency involves Allergies. Now we shall discuss the procedure for first aid in Allergies due to various causes.

13.2.2  Procedure for First Aid in Allergy

Articles required

The required articles are:

1) An adult volunteer to act as victim
2) Case scenario e.g. persons with skin allergy, food/drug allergy, insect bite allergy and allergy due to inhalation
3) First Aid Box
4) The standard articles required are dressing, triangular or roller bandages, scissors, safety pins, adhesive tape, Antiseptic lotion, cotton, disposable hand gloves, waste bag, tourniquet/binder as required, soap and water supply, plastic bags, ring pad, tweezers, ice pack etc. Soap, Calamine lotion
Improvised articles can be used as discussed in Unit 6 of previous Block on “First Aid with Improvisation”.

Steps of Procedure for First Aid in Skin Allergy/Insect Bite Allergy

Step 1  Wash hands.

Skills: *This is important to prevent cross contamination.*

Step 2  Make the victim or volunteer to sit/lie down.

Step 3  Make Scene safety and ensure safety of the victim.

Skills: *Remove the allergen or you skin away from the allergen. If the sting or insect is the reason, remove it. If its due to certain plants contact, recue the contact.*

Step 4  Expose area.

Skills: *Remove tight and constrictive clothing around the area.*

Step 5  Wash the area with soap under running water.

Skills: *Use a mild soap.*

Step 6  Apply ice or ice pack covered in plastic or towel for 30 minutes if blisters are present. You can also apply soothing lotions like calamine to cool the area.

Skills: *It helps to reduce swelling and itching.*

Step 7  Keep Monitoring the victim. Perform secondary assessment and record and report.

Step 8  Transport to hospital if sever reaction appears or the victim does not improve.

Skills: *In severe reaction, victim has to seek medical help. Be prepared to resuscitate the victim as per need.*

Steps of Procedure for First Aid in Food/Drug Allergy

Step 1  Wash hands.

Skills: *This is important to prevent cross contamination.*

Step 2  Make the victim or volunteer to sit/lie down.

Step 3  Tell the victim to rest. Maintain soothing environment for the victim.

Skills: *Take the person in a cool room. Have the person wear loose-fitting, lightweight clothes. Use ice packs, calamine lotion for soothing and cooling the rash.*

Step 4  Keep Monitoring the victim. Perform secondary assessment and record and report.
Management of Allergy and Shock

Step 5    Transport to hospital if severe reaction appears or the victim does not improve.

**Skills:** In severe reaction, victim has to seek medical help. Be prepared to resuscitate the victim as per need.

Steps of Procedure for First Aid in Allergy due to Inhalation

Step 1    Wash hands.

**Skills:** This is important to prevent cross contamination.

Step 2    Make the victim or volunteer to sit/lie down.

Step 3    Tell the victim to clear nose.

**Skills:** Tell to either blow the nose or take steam to loosen secretions (Fig. 13.5).

Fig. 13.5: Taking steam to loosen secretions

Step 4    Give any prescribed medicines.

Step 5    Keep Monitoring the victim. Perform secondary assessment and record and report.

Step 6    Seek medical Help.

**Skills:** In severe reaction, victim has to seek medical help. Be prepared to resuscitate the victim as per need.

13.3   SHOCK

In this section we will discuss the recognition, assessment and first aid in Shock.

13.3.1   Recognizing and Assessing Victim in Shock

Recognizing Shock

**Purposes**

The purpose of this procedure is to recognize shock.
**Articles required**

You will require various flashcards and discussing various case scenarios for these emergencies.

**Procedure**

**Step 1**

To recognize Shock, you will note that victim’s skin is cold and clammy, Blue colour of lips and nail buds may be seen. The person may have restlessness, dizziness, confusion, lethargy, unconsciousness, nausea, vomiting, dryness of throat/lips, decrease in pulse, increase in respiration and decrease in BP (Fig. 13.6).

![Fig. 13.6: Recognizing Shock](image)

**Assessing Victim in Shock**

**Purpose**

The main purpose of assessing the victim is to conduct assessment and provide first aid.

**Articles required**

For this activity you need to have a volunteer. However, he/she should be explained that they would have to be placed in a specific position by changing the posture.

**Procedure**

**Step 1**

Ask the volunteer to act as victim. Ask him/her to lie down on their back/sit as required.

**Skills:** The volunteer should sit/lie down comfortably. When lying he/she should lie on back with hand on the side of his/her body and both the feet straight.

**Step 2**

Conduct assessment as per the flow-diagram given below.
Management of Allergy and Shock

**Skills:** Perform Primary assessment and monitor the shock. Check to find out the requirement of the situation.

**Step 3** Assess and Monitor the victim.

**Step 4** Give first aid

**Skills:** The specific first aid has been discussed in Sections 13.2.2 of this unit.

**Step 5** Record and Report the findings, call for ambulance and Transport the victim.

Therefore, in this section we learnt the steps of assessment of scene and the victim when the emergency has arisen and when the emergency involves Shock. Now we shall discuss the procedure for first aid in Shock.

### 13.3.2 Procedure for First Aid in Shock

**Articles required**

The required articles are:

1. An adult volunteer to act as victim
2. Case scenario e.g. persons with shock
3. First Aid Box
4. The standard articles required are dressing, triangular or roller bandages, scissors, safety pins, adhesive tape, Antiseptic lotion, cotton, disposable hand gloves, waste bag, tourniquet/binder as required, soap and water supply, plastic bags, ring pad, tweezers, ice pack etc. Soap, Calamine lotion.

Improvised articles can be used as discussed in Unit 6 of previous Block on “First Aid with Improvisation”.

Steps of Procedure for First Aid in Skin Allergy /Insect Bite Allergy

Step 1  Wash hands.

**Skills:** *This is important to prevent cross contamination.*

Step 2  Make the victim or volunteer to sit/lie down.

**Skills:** *Maintain position. Disallow any movement.*

Step 3  Make Scene safety and ensure safety of the victim.

Step 4  Make the Victim to lie on his back on the hard surface or floor.

**Skills:** *Remove tight and constrictive clothing around the area.*

Step 5  Raise the limbs above heart level (Fig. 13.7).

**Skills:** *Raise about 20-30 inches. You can also turn victim’s head to one side for ease in lying position.*

![Fig. 13.7: Raising legs to decrease Shock](image.png)

Step 6  Maintain warmth of the victim.

**Skills:** *You can place victim in warm place or use blankets to cover the victim.*

Step 7  Keep Monitoring the victim. Perform secondary assessment and record and report.

Step 8  Transport to hospital if severe reaction appears or the victim does not improve.

**Skills:** *In severe reaction, victim has to seek medical help. Be prepared to resuscitate the victim as per need.*

Check Your Progress 1

1) List Steps of Procedure in First Aid management of Shock.

........................................................................................................................................
........................................................................................................................................
........................................................................................................................................
........................................................................................................................................
........................................................................................................................................
13.4 LET US SUM UP

In this practical unit, we have discussed the practical steps in first aid for Allergy and Shock. We have listed the steps to be followed in handling the person with different types of allergies like contact dermatitis, allergy by food or drugs, insect bite allergy and allergy rhinitis. Also, we also talked about shock and first aid in this case. Hope you would have gained necessary knowledge and skills and will utilize as and when need arises.

With this we come to the end of this practical block. The next block is Log-Book for recording your self and supervised activities with further information. So, lets continue.

13.5 KEYWORDS

Itching : An irritating and uncontrollable sensation causing one to scratch

Oatmeal : Meal of Oat grains

Soothe : Gently calm to remove pain or discomfort

Hives : Red bumps on skin which cause itching

History : The study of past events

Dizziness : Feeling light-headed and out of balance

Hoarse voice : Harsh or strained voice

Wheeze : Breathe causing whistling or rattling sound in the chest

Persistent cough : Cough occurring or remaining for a long time

13.6 ANSWERS TO CHECK YOUR PROGRESS

Check Your Progress 1

1) Steps of Procedure in First Aid management of Shock

   Step 1 Wash hands.
   Step 2 Make the victim or volunteer to sit/lie down.
   Step 3 Make Scene safety and ensure safety of the victim.
   Step 4 Make the Victim to lie on his back on the hard surface or floor.
   Step 5 Raise the limbs above heart level (Fig. 13.7).
   Step 6 Maintain warmth of the victim.
   Step 7 Keep Monitoring the victim. Perform secondary assessment and record and report.
   Step 8 Transport to hospital if severe reaction appears or the victim does not improve.
13.7 ACTIVITIES

Activity 1

Enact a situation where your mother complains of seasonal cough due rainy season. She is rapidly sneezing and having a runny nose. How will you provide first aid? Practice the first aid in this situation. Record this in Log-Book.

(Self Activity)

Activity 2

Consider a situation where you are travelling to a hilly area for your summer vacations. Your friends are accompanying you. While staying at a hotel one of your friends has an insect bite. He has developed redness in the area of insect bite and is itching heavily. How will you provide first aid to your friend? Practice in your study group. Record in Log-Book.

(Self Activity)

Activity 3

Consider a situation where after a fall your friend shows signs of rapid pulse with cold, clammy skin. She also tells that she is feeling dizzy and collapses there- after. There is no sign of bleeding or external injury. What is your action? Practice in your study group. Record in Log-Book.

(Self Activity)

13.8 REFERENCES

1. https://www.youtube.com/watch?v=wKOJOj3tFxw
4. https://jamanetwork.com/journals/jama/fullarticle/1719742