



## Wilderness First Aid Scenario

**ALLERGY/ANAPHYLAXIS****Victim 1 – Severe Response to Food Allergy****SUMMARY**

Your troop has set up camp for the night and has just finished dinner. Everyone is diving into a Dutch oven cherry cobbler. After eating part of his cobbler, 14-year-old Michael says his mouth feels funny. Michael is allergic to walnuts and did not realize at first that there were chopped walnuts in the cobbler. The others believe it is just the very tart cherries, until Michael says his lips have begun to tingle and he begins to wheeze and have difficulty breathing. The cook was not aware of Michael's allergy.

**SCENARIO DETAIL**

Michael knows he is severely allergic to nuts, including walnuts, so he does carry a pair of epinephrine auto-injectors. As his symptoms of allergic reaction worsen, Michael becomes more and more anxious and his breathing quickly becomes more difficult.

Michael self-administers the epinephrine auto-injector as soon as he identifies that he has eaten something he is severely allergic to. Be prepared to assist in administering a second epinephrine auto-injector.

**STUDENT RESPONSE**

1. Scene safety:  
Ensure that the scene safety assessment is completed.
2. Primary assessment:  
Michael is awake and alert but becoming distressed. Increased respiratory rate with wheezing. Just before the first epinephrine self-injector is administered, Michael's face is flushed. Epinephrine is self-administered by the Scout. First set of vital signs after injection show rapid and shallow respirations at 24 breaths per minute.
3. Secondary assessment:
  - a. Physical exam: Respirations rapid and shallow. Extremely distressed.
  - b. Vital signs:  
Initial: A&Ox4, heart rate 96, respirations 24, skin color normal.  
Second vitals, immediately after self-administration of epinephrine auto-injector: A&Ox4, heart rate 116, respirations 32 and more labored, skin color normal.  
Third vitals, 5 minutes after epinephrine administered: A&Ox4, heart rate 120, respirations 32 but less labored, skin color normal.
  - c. **SAMPLE:**  
**S** – As above  
**A** – Walnuts, peanuts, pecans, pineapple  
**M** – Epinephrine auto-injector for anaphylactic reactions, Claritin for seasonal allergies  
**P** – Anaphylactic reaction to peanut butter, seasonal allergies  
**L** – Dutch oven stew for dinner prior to eating the cobbler  
**E** – Camping trip, eating walnuts

**POST-SCENARIO DEBRIEF**

- Did the troop check the scene for safety issues (such as people too near a fire or stove, etc.) before trying to help Michael?  
***This should be done rapidly. This is a true emergency.***



## **+** Wilderness First Aid Scenario **Allergy/Anaphylaxis**

- What signs and symptoms did you find?  
**Mouth feeling “funny,” tingling around mouth, anxiety, wheezing, difficulty breathing.**
- Discuss why it was necessary for the Scout to self-administer the epinephrine injection before confirming the vital signs and beginning the secondary assessment.
- Discuss continuing to monitor the victim after the epinephrine is injected because a second injection may be necessary. What signs and symptoms would indicate that a second dose of epinephrine is needed? Evacuation must occur even if the person seems fine after the epinephrine injection. Discuss why this is so important.
- Who, if anyone, with the troop was aware of Michael’s allergy? Did anyone besides Michael know how to use his auto-injector?

**Talk about the need for at least one person at each activity to know the medical history of everyone at the activity and for someone to know the medical history of the health and safety person. Talk about the need for someone other than Michael to know how to use his epinephrine auto-injector.**

- What is the individual’s problem?  
**Anaphylactic reaction to walnuts.**
- How would you provide care?  
**Assist with epinephrine auto-injector. Continue to monitor Michael and contact EMS for transport to advanced medical care. Follow the information on his AHMR or plan developed before the event, which may include giving Benadryl. The potential for an anaphylactic reaction, as well as information about which individuals should be aware of the allergy, should be discussed before an event occurs, with adult leaders, the Scout, and the Scout’s parents involved. Develop a plan before leaving for an event. Discuss confidentiality of medical issues.**
- What items do you need?  
**Epinephrine auto-injector. Does anyone know where Michael’s auto-injector is? Does he have a knowledgeable buddy at all activities who can assist him if a problem arises? Does he carry more than one epinephrine auto-injector? Emphasize the need to have two epinephrine auto-injectors and to check expiration dates before leaving for an event.**
- What would happen if left untreated?  
**Michael faces a life-threatening event if not treated.**
- Does this situation require an evacuation?  
**Yes. How was help notified? What information about the situation was shared?**
- Could this situation have been prevented?  
**Yes.**