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IMPORTANT INFORMATION

## Guidance on completing a written allergy and anaphylaxis emergency plan

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Anaphylaxis is a severe and potentially fatal allergic reaction. It is a medical emergency that requires the prompt assessment of the patient and the administration of epinephrine. The international consortium for anaphylaxis and the American Academy of Pediatrics (AAP) recommend the use of self-injectable adrenalin and the preparation of an emergency plan for children at high risk of anaphylaxis. The existence of different plans and recommendations may generate some confusion. The aim of this article is to propose an emergency plan that can be tailored to the needs of each patient.

This written emergency plan serves as a treatment guide for families, caregivers, and school staff. The plan is personalized and should be discussed with the patient's guardians and updated according to the patient's weight at least once a year. It is important that the terminology be simple and easy to understand, and that the plan have information on demographic data, comorbidities, allergy-triggering agents, and the adequate treatment of anaphylaxis, including dosages and site of adrenalin injection.

The guide discusses the administration of self-injectable epinephrine by children, given that, based on age and maturity, they are able to carry and self-administer the medication.

Unfortunately, self-injectable epinephrine is not commercially available in Brazil. It will take coordinated efforts by the Brazilian medical societies and civil organizations to achieve access to this drug.

The outcome of anaphylaxis depends on the early recognition of symptoms and immediate treatment with epinephrine. Education is one of the key aspects of the adequate management of the disease and should include general practitioners, specialist physicians, parents, educators, and the children themselves. Therefore, reading and discussing articles like this one, which address relevant aspects involved in the understanding of this disease, will help to reduce the frequency and severity of anaphylaxis, improve the administration of epinephrine, and ultimately reduce the anxiety experienced by both patients and caregivers.

Wang J, Sicherer SH, AAP SECTION ON ALLERGY AND IMMUNOLOGY. Guidance on Completing a Written Allergy and Anaphylaxis Emergency Plan [Internet]. *Pediatrics*. 2017 [cited in 31 mar. 2016];139(3):e20164005. Available at:

<http://pediatrics.aappublications.org/content/pediatrics/early/2017/02/09/peds.2016-4005.full.pdf>

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