

Primary Care Guidance: WHEN TO PRESCRIBE ADRENALINE AUTO INJECTOR (AAI)



All patients prescribed a AAI need to be referred to secondary care (outpatient unless current anaphylaxis 999)

Mild/Moderate

• Symptoms:

- Swollen lips, face or eyes,
- Itchy/tingling lips or mouth
- Urticaria or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

WITH no progression or red signs/symptoms



1. Provide written emergency plan [Paediatric Allergy Action Plans – BSACI](#)
2. Prescribe AAI in patients with asthma requiring regular preventor treatment with significant food allergy (not Pollen-Food Syndrome)
3. **Consider AAI in:** If unsure request Advice & Guidance via ERS
 1. Children who are allergic to high-risk allergens, for example nuts with other risk factors (such as adolescence), even if the reaction was relatively mild
 2. Children who had a reaction in response to trace amounts of allergen/trigger
 3. Children who cannot easily avoid the allergen (e.g. foreign travel with commonly encountered food)
 4. Children with significant co-factors (e.g. asthma in food allergy)

Severe

Any evidence of **severe reaction/anaphylaxis** – check ABC symptoms.

- **Airway** - hoarse voice/cry, persistent cough, stridor, excessive drooling, difficulty swallowing, swollen tongue
- **Breathing** – wheeze, cyanosis, breathlessness/increased work of breathing
- **Circulation and consciousness**- pale, floppy, dizzy, unusually and profoundly sleepy, loss of consciousness, tachycardia, hypotension



AAI RECOMMENDED

Prescribe minimum 2 Adrenaline autoinjectors

Provide written emergency plan [Paediatric Allergy Action Plans – BSACI](#)

AAI are not required for avoidable causes of anaphylaxis e.g. parenteral drug, oral prescription-only drugs, some occupational triggers
- if unsure request Advice & Guidance via ERS

If Prescribing an AAI

1. Also prescribe antihistamine

- Chlorphenamine prn if under 1 years or Cetirizine prn if 1 or over as per BNFC.

2. Prescribe Adrenaline Autoinjector as per cBNF advice

- **2 pens should be available at all times.**

- **Emphasise importance of in date pens and training.** Adrenaline autoinjector relevant training videos and to order practice pens: [How adrenaline treats anaphylaxis | Anaphylaxis UK | Anaphylaxis UK](#)

3. Provide an appropriate [Paediatric Allergy Action Plans - BSACI](#) and advise avoidance of allergen.

4. Optimise asthma treatment and other co-morbidities such as allergic rhinitis and/or eczema.

5. Outpatient referral to local Paediatric department.

6. Additional GP guidance on how to prescribe AAI

- [BSACI-AAI-Guidance for primary care-June-2023.pdf](#)