Treatment for Severe Allergic Reaction
Evaluation Tool for Epinephrine Training
Please complete prior to training session. Bring to training
This is an open book quiz. It will be turned in to trainer at time of training.

Name: ____________________________ Date: _______________________
School: ______________________________

1. The three most common types of substances that cause anaphylaxis are:
   a. ______________________________________________________
   b. ______________________________________________________
   c. ______________________________________________________

2. If a person exhibits symptoms of anaphylaxis, one should wait until a complete
   history has been obtained before giving epinephrine.
   _______ True                        _______ False

3. List two protective actions that should be taken by a person who knows he or she has
   previously had a severe allergic reaction to insect, foods, or other allergens:
   a. ______________________________________________________
   b. ______________________________________________________

4. If an insect sting causes swelling of an extremity beyond a major joint, this should be
   considered an anaphylactic reaction and epinephrine should be administered.
   _______ True                        _______ False

5. If someone is having symptoms of a severe allergic reaction to food, it is generally
   safe to wait for 10-15 minutes before treating them.
   _______ True                        _______ False

6. Multiple sting sites or a sting site in the mouth or on the face may cause a serious
   reaction in a person not allergic to insect stings.
   _______ True                        _______ False

7. If a person has been exposed to a particular allergen in the past (e.g., a particular
   food, or a sting by a particular insect), but demonstrated no serious symptoms, it is
   safe to assume he/she will never develop a serious reaction to that same allergen.
   _______ True                        _______ False

8. What is anaphylaxis?
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
9. List 12 symptoms of anaphylaxis:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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10. What is epinephrine and how does it act on the body? (List four answers.)

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

11. List three possible side effects of epinephrine.
   a. ___________________________________________________________________
   b. ___________________________________________________________________
   c. ___________________________________________________________________

12. If the person’s physician does not otherwise order it, the recommended ages for the following epinephrine products are:
   EpiPen JR: ________________________
   EpiPen: ___________________________

13. If a stinger is present at the site of a bee sting, it should be removed as soon as possible.
    _______ True                             _____ False

14. Number the following steps in their correct sequence:
    ___ If the person experiencing an anaphylactic reaction is also asthmatic, you can assist the person in the use of his or her own inhaler if desired.
    ___ Have victim seek medical care/evaluation
    ___ Remove stinger if one is present.
    ___ Determine if the person is suffering an anaphylactic reaction.
    ___ Have the victim sit or lie down.
    ___ Check for and maintain open airway by listening and observing person’s breathing.
    ___ Determine proper dosage and administer epinephrine from pre-measured syringe.
    ___ Have someone call for emergency medical assistance (9-1-1).
    ___ Reassure and calm person if possible.
    ___ Administer CPR if needed.
15. After administering the epinephrine, which of the following should you do: (choose all that apply)
   a. Continue to observe the person for increased sign of anaphylaxis.
   b. Cover person with a blanket, place alone in quite dark room and let him/her sleep.
   c. Administer hot stimulant drinks such as tea or coffee.
   d. Reassure and calm victim.
   e. Administer rescue breathing if person stops breathing.