

# 20 – STING, PADDLING

TEXAS



## THE STORY:

On a whitewater canoeing trip down the Rio Grande River in Texas, a 17 y/o female stepped from her boat along shore at a popular play spot. Upon exiting, she cried out and flailed her arms and legs as she jumped in the shallow water along the bank. When her fellow paddler arrived, she stated that she was allergic to bees and she had just been stung on her right shoulder. At 1300hrs., the Pt complained of intense itchiness on her arms and legs and was extremely embarrassed to be having a reaction in front of others. The Pt stated a history of allergic reactions

to bee stings, stated she has had to use an Epi-pen in the past for severe reaction but did not have her medication with her, and stated that she believed she had been stung just once on her shoulder. On exam: the Pt presented with hives on her chest, back, and face with her eyelids notably swollen. The Pt had a red swollen welt on her right posterior shoulder. Vitals were: Pulse: 100, Resp.: 30 and shallow, Skin: hives on chest, back, face, swollen eyelids, Pt was awake and anxious.

**Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1300hrs. with Anticipated Problems and an appropriate Treatment Plan.**

At 1315, after 0.3mg of epinephrine IM and 25mg of diphenhydramine PO were administered, the Pt improved noticeably. The Pt stated that her face felt less swollen and skin was less itchy, though hives were still present. At 1330, facial swelling had

decreased and the Pt showed no signs of biphasic reaction. Pulse: 84, Resp.: 16 and easy, Skin: facial swelling, with some decrease in general swelling/hives, Pt was awake, alert, calm and in no distress.

**Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1330hrs. with Anticipated Problems and an appropriate Treatment Plan.**

## QUESTION

1. The administration of epinephrine and antihistamine for anaphylaxis is a very specific protocol requiring the care giver to understand the problem being treated, effects, side effects, dosing, route of administration and proper injection technique for these medications. Are you able to articulate this protocol in detail?

## ASSESSMENT AND TREATMENT PLAN

A = Assessment (Problem List)	A' = Anticipated Problems	P = Treatment Plan
<b>1300</b>		
anaphylaxis	resp. distress / vascular shock	0.3mg epi. IM / 25mg. diphen- hydramine PO
ASR	cont. ASR	treat anaphylaxis / reassure Pt
<b>1315</b>		
facial swelling and hives still present with improving S/Sx	cont. anaphylaxis	monitor and evac. w/ additional meds.
<b>1330</b>		
no sign of biphasic Rxn	long term swelling	monitor and evac. w/ additional meds.

### NOTES

0.3mg of epinephrine IM and 25mg of diphenhydramine PO were administered @1305 per Protocol. Pt has Hx allergic Rxn and presented with systemic S/Sx after bee sting. S/Sx resolved after initial dose of medications.

### What Actually Happened Next ...

The patient was evacuated without rebound or incident by Wilderness First Responders for further evaluation at the hospital.