Key Steps — Anaphylaxis — recognising it and acting

The video explains anaphylactic shock: a severe, potentially life-threatening allergic reaction that can begin within seconds or minutes of exposure to a trigger such as certain foods, some medications, insect venom or latex. Blood pressure drops suddenly and the airways narrow; signs include a rapid, weak pulse, skin rash, nausea and vomiting — alongside breathing difficulty and swelling. The checklist is the standard emergency response.

- [ ] 1. Treat it as an emergency from the first signs: call emergency services immediately.
- [ ] 2. If the person has an adrenaline (epinephrine) auto-injector, help them use it — or give it if you are trained — into the outer thigh, and note the time.
- [ ] 3. Lay the person flat with legs raised if their blood pressure feels low; if breathing is their main difficulty, sit them up; if they are vomiting, lay them on their side.
- [ ] 4. Keep them still and do not let them stand or walk suddenly, even if they seem to recover.
- [ ] 5. Monitor breathing and pulse continuously; be ready to start CPR if they become unresponsive and stop breathing normally.
- [ ] 6. Hand over to the emergency team with the trigger (if known), the time symptoms began, and what treatment was given.

Watch the demonstration: medicalvideos.com/watch/anaphylactic-shock_9274cc9066307f707d00.html • More Safety & Emergency Basics skills: medicalvideos.com/nursing/safety-emergency.html
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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.