Administration of Epinephrine in the Backcountry

**Evolving Legal Considerations**

Leah Corrigan, Esq
Nadja Kimmel, RN
Administration of Epinephrine in the Backcountry

Evolving Legal Considerations

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Evolving Laws

Laws are being passed throughout the West allowing lay people to possess and administer epinephrine in an anaphylactic emergency.

Case Study - Rural Setting
- 12 year old boy
- Allergic to nuts
- Airway swelling
- Developed hives
- Vomited
- Inhaled unknown allergen
- Treatment: 2 Epi Pens
- Administration: 2 Epi Pens
- Immediate improvement
- No further symptoms

Evolving Treatment

Joint Task Force on Practice Parameters
- Literature Review
- Evidence-Based Practice
- Expert Consult
- 1995
- 2007
- 2015

Treatment Recommendations

Anaphylaxis - A Practice Parameter Update 2015
A Lieberman et al

Signs & Symptoms

- Tachycardia
- Hypotension
- Shock
- Arrhythmia
- Respiratory failure
- Dysphagia
- Stridor
- Airway swelling
- Anaphylactic shock

EpiPen
- Stop breathing
- Stop breathing
- Stop breathing

Epinephrine
- Immediate
- Known exposure
- Antihistamine
Laws are being passed throughout the West allowing lay people to possess and administer epinephrine in an anaphylactic emergency.

What is driving this legislative push?
Chatfield High School student, Simon Katz, 16, dies after eating s'more containing peanut butter

Teen had severe peanut allergies

BY: Jennifer Kovaleski, Alan Gathright
POSTED: 11:49 AM, Sep 23, 2015

STALEY - Morgan Eli Crutchfield, 17, of Staley passed away suddenly from an allergic reaction to peanuts at Wake Forest Baptist Medical Center on Monday, Oct. 5, 2015, at Wake Forest Baptist Medical Center.

By Mary Lynn Smith Star Tribune | JANUARY 22, 2016

Allergic reaction to peanuts kills 22

THE SACRAMENTO BEE

HEALTHY CHOICES NOVEMBER 12, 2014 7:04 PM

New law requires California schools to stock epinephrine injectors for allergic children
Case Study - Rural Setting

- 13 y.o. girl
- Allergic to peanuts
- Rice Krispie Treat
- Watched her for S/Sx of an allergic reaction

**S/Sx:**
- Vomiting
- Difficulty Breathing

**Tx:**
- Dad administered 2 Epi-Pens
- Third dose delayed

*She could not be resuscitated*
Case Study - Backcountry Setting

- 54 y.o. female
- Allergic to nuts
- Ate some pesto pasta
- Told her husband "I don't feel good"
- Walked back her to tent → Benadryl
- Tried blowing a whistle for help
- Customer noticed her in distress

**S/Sx:** • Difficulty breathing - Cyanotic
  • Stopped Breathing

**Tx:** • Two Epi-Pens administered

*She could not not be resucitated*
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*S/Sx:* Difficulty breathing - Cyanotic
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*She could not be resuscitated*

- History of a moderate to severe allergy to nuts
- No visible S/Sx until 20 minutes later. Their anaphylactic reaction started upon exposure
- Epi was not effective at reversing severe S/Sx of cardiorespiratory arrest

**Legislative push:**
1. Readily available epi
2. More trained people
3. Faster Response
- History of a moderate to severe allergy to nuts
- No visible S/Sx until 20 minutes later *Their anaphylactic reaction started upon exposure*
- *Epi was not effective at reversing severe S/Sx of cardiorespiratory arrest*

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Evolving Treatment

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- Expert Consult
- 1998
- 2010
- 2015

Treatment Recommendations
- Hx of anaphylaxis:
  - Mild symptoms
  - Single body system
- Known exposure
- Epinephrine immediately!
  Followed by Antihistamine

Signs & Symptoms

Anaphylaxis - A Practice Parameter Update 2015
P. Leiberman et. al
Signs & Symptoms

<table>
<thead>
<tr>
<th>RESPIRATORY</th>
<th>GASTROINTESTINAL</th>
<th>CARDIOVASCULAR</th>
<th>NEUROLOGICAL</th>
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<tbody>
<tr>
<td>hives, swelling,</td>
<td>coughing, wheezing,</td>
<td>nausea,</td>
<td>dizziness/</td>
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<tr>
<td>itching, warmth,</td>
<td>shortness of</td>
<td>stomach pain</td>
<td>lightheadedness,</td>
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<td>redness</td>
<td>breath, chest</td>
<td>or cramps,</td>
<td>pale/blue colour,</td>
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<tr>
<td></td>
<td>pain or tightness,</td>
<td>vomiting,</td>
<td>weak pulse,</td>
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<tr>
<td></td>
<td>throat tightness,</td>
<td>diarrhea</td>
<td>fainting, shock,</td>
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<tr>
<td></td>
<td>trouble swallowing,</td>
<td></td>
<td>loss of consciousness</td>
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<td></td>
<td>hoarse voice,</td>
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<td></td>
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<tr>
<td></td>
<td>nose, or hay</td>
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<tr>
<td></td>
<td>fever-like symptoms,</td>
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<tr>
<td></td>
<td>sneezing or runny</td>
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<tr>
<td></td>
<td>or itchy nose; red</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>or watery eyes)</td>
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</tr>
</tbody>
</table>

Antihistamine + Epi = Too late!
Joint Task Force on Practice Parameters

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Treatment Recommendations

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Treatment Recommendations

Hx of anaphylaxis:
- Mild symptoms
- Single body system

Known exposure

Epinephrine

immediately!

Followed by

Antihistamine
How the General Epi Laws work

- Prescription (Rx)
- Authorized Entity
- Stored in an accessible place
- For use by a trained employee
- In an anaphylactic emergency
Epinephrine Rx can be written by:
- Physician
- Physician's Assistant
- Nurse Practitioner

Authorized Entity
Any organization where allergens capable of causing anaphylaxis may be present

Must designate a trained adult to oversee and manage supply

*Any trained adult can administer Epi*

**What is a trained adult?**
Trained by a State Health Department certified provider:
- Comprehension of anaphylaxis reactions (S/Sx)
- Administer epinephrine Auto Injectors
- Emergency follow-up procedures
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Rx

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Immunity

No Liability

1. "Trained" Adult who Administered EPi
   - Outdoor Education
   - School
   - Volunteer
   - Superintendnent
   - Unspecified
   - Other Leader

2. Authorized Entity
   - Field Trip Company
   - University Outdoor Program
   - Camp
   - Counseling School
   - Underwater Therapy Program
   - Other

3. Dispensing Pharmacy

4. Prescribing Medical Professional
   - Medical advisor

When is it OK to administer epinephrine?

What is a "good faith" belief?

When you believe in "good faith" that a person is suffering from an anaphylactic reaction, undefined by law, but if a person has a Hx and/or is showing S/Sx, your belief is likely to be deemed reasonable.
Immunity

No Liability

1. "Trained" Adult who Administered Epi
   - Outdoor Educator
   - Guide
   - Chaperone
   - Wrangler
   - Crew Leader
   - Volunteer
   - Student Leader

2. Authorized Entity
   - Rafting Company
   - University Outdoor Program
   - Corps
   - Climbing School
   - Wilderness Therapy Program
   - Outdoor Education School
   - Experiential Ed High School
   - Dude Ranch

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Issues of Note

- Auto-Injectors
- Programs that cross state lines
- Waivers - Forum selection clause - Choice of law
- No duty to carry epi
- Duty to report
- Gross negligence
- Good Samaritan Statutes
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- Auto-Injectors
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Let's work with a program manager and implement an anaphylaxis protocol.

- Program Coordinator
- Utah State University
- Backcountry trips
- Student Leaders
- How many trips go out at once?
- Where are your trips?
- Utah State Health Dept.
- Find a state certified provider
- Educate Medical Advisor
- Get a prescription
- Designated trained adult to manage supply
- Write a new protocol for administering epi & reporting
- Adjust your waiver
- Forum selection
- Choice of law

General Epi Law
and implement an anaphylaxis protocol

General Epi Law

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- Adjust your waiver

Forum selection
Choice of law
Take Away Points

*If your program wants to carry epi:*

- State Health Department
- Medical Advisor
- Train enough people to make it meaningful
- Develop a written protocol for administering epi and reporting
- Update your liability waiver
Cost/Benefit of Epi-Pens

- Moral Imperative?
- Is it practical financially and physically?
Thank you!

Solee