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## A Proposal From The Montpellier World Health Organization Collaborating Centre For Better Management And Prevention Of Anaphylaxis

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The first and last authors contributed to the construction of the document (designed the study, including the questionnaire, analysed and interpreted the data, and wrote the manuscript). All the authors critically revised and approved the final version of the manuscript and agree to be accountable for all the aspects of the work.

### ABBREVIATIONS

AAI: adrenaline auto-injectors

BAT: basophil activation test

CAST: cellular allergen stimulation test

EAACI: European Academy of Allergology and Clinical Immunology

ICD: International Classification of Diseases

IgE: immunoglobulin E

WAO: World Allergy Organization

WHO: World Health Organization

1 **ABSTRACT**

2           Since the first description of anaphylaxis in 1902, its clinical importance as an emergency  
3 condition has been recognized worldwide. Anaphylaxis is a severe, potentially life-threatening  
4 systemic hypersensitivity reaction characterized by rapid onset and the potential to endanger life  
5 through respiratory or circulatory compromise. It is usually, although not always, associated with  
6 skin and mucosal changes. Although the academic/scientific communities have advocated to  
7 promote greater awareness and protocols for management of anaphylaxis based on best evidence,  
8 there are few efforts documenting feedback as to the success of these efforts. In this document, we  
9 review the key unmet needs related to the diagnosis and management of anaphylaxis, propose a  
10 public health initiative for prevention measures and a timetable action plan which intends to  
11 strengthen the collaboration among health professionals and especially primary care physicians  
12 dealing with anaphylaxis that can encourage enhanced quality of care of patients with anaphylaxis.

13           More than calling for harmonized action for best management of anaphylaxis to prevent  
14 undue morbidity and mortality, the Montpellier World Health Organization Collaborating Centre  
15 here proposes an action plan as a baseline for a global initiative against anaphylaxis. We strongly  
16 believe these collaborative efforts are a strong public health and societal priority that is consistent  
17 with the overarching goals of providing optimal care of allergic patients and best practices of  
18 allergology.

19

20 **KEY WORDS:** anaphylaxis, classification, epidemiology, management, treatment, prevention;

21 adrenaline/epinephrine auto-injector

22

## 23 COPING WITH ANAPHYLAXIS

### 24 Anaphylaxis: a “118 years-old killing lady”

25 In the time capsule of research and clinical advances in the field of allergy, the years of 1902  
26 and 1913 signify milestones in the history of our specialty; in 1902, Paul Portier and Charles Richet’s  
27 described the experimental production of aberrant immunity, named “anaphylactique”, and the  
28 Nobel Prize of Medicine and Physiology was subsequently awarded for this finding in 1913 (1). Our  
29 understanding of the underlying mechanisms of anaphylaxis has evolved dramatically since the first  
30 studies associating the physiological actions of histamine and the concept of histamine shock as the  
31 basis of anaphylaxis in 1910 by Henry H. Dale (2). Half a century later, Kimishige Ishizaka, Teruko  
32 Ishizaka, Gunnar Johansson and their teams demonstrated immunoglobulin E (IgE) as a distinct class  
33 of immunoglobulin involved in allergic reactions (3). While Richet believed that anaphylaxis was a  
34 “lack of protection”, it has become clear that an exaggerated immune reaction, involving IgE, was  
35 the underlying pathomechanism in allergic anaphylaxis, besides immune complex reactions. Non-  
36 immunologically mediated reactions leading to similar clinical symptomatology have been called  
37 “anaphylactoid” or “pseudoanaphylaxis”, are now called “non-immune anaphylaxis”.

38 In the late 1990s, the allergy nomenclature was revised by Johansson et al., under the aegis of  
39 the European Academy of Allergology and Clinical Immunology (EAACI). The published document (4)  
40 has gained substantial international recognition and has been reviewed and endorsed by the World  
41 Allergy Organization (WAO) (5). This nomenclature has been accepted widely and is currently used  
42 worldwide. It was proposed that “anaphylaxis” would be the umbrella term for an acute reaction  
43 defined as a severe, life-threatening generalized or systemic hypersensitivity reaction. The term  
44 “allergic anaphylaxis” is used to define a reaction mediated by immunological, such as IgE, IgG and  
45 immune-complex complement-related mechanisms. Anaphylactic reactions mediated by IgE  
46 antibodies were referred to as “IgE-mediated allergic anaphylaxis.” Meanwhile, anaphylaxis from a  
47 non-immunological cause should be referred to as “non-allergic anaphylaxis.” The terms  
48 “anaphylactoid” and “pseudoanaphylaxis” are no longer used.

49 In the International Consensus on Anaphylaxis, published in 2014 (6), it was pointed out that  
50 the correct term anaphylaxis would be preferred to anaphylactic shock since shock is not necessarily  
51 present in patients with anaphylaxis. The term anaphylaxis should also be used in preference to  
52 terms such as allergic reaction, acute allergic reaction, systemic allergic reaction, acute IgE-mediated  
53 reaction, anaphylactoid reaction or pseudo-anaphylaxis (6,7).

54 Epinephrine (adrenaline) is the first medication of choice for the treatment of anaphylaxis (8).  
55 It is a potentially life-saving non-selective adrenergic agonist that acts through vasoconstrictor  
56 effects, preventing airway mucosal edema and hypotension, that also exerts bronchodilator activity  
57 and has inotropic and chronotropic cardiac effects (9). Epinephrine was first discovered by Japanese  
58 chemists Jokichi Takamine and Keizo Uenaka in 1900, two years before the first description of  
59 anaphylaxis (10,11). The therapeutic potential of epinephrine was widely acknowledged, and it was  
60 used before the molecule's mechanism of action was fully appreciated. Manufacturers then began  
61 developing synthetic forms of epinephrine. It was first synthesized in 1904 (12). The discovery and  
62 purification of epinephrine provided not only long overdue relief from anaphylactic reactions, but  
63 also contributed to the beginning of our understanding of hormones and homeostasis. Adrenaline  
64 auto-injectors (AAIs) are commercially available in many devices, in doses suitable for most, but not  
65 all, adults and children. For instance, in France four commercial forms are available, but the  
66 commercial availability varies in different countries (8) (Figure E1).

67 Since then, our progress in achieving further understanding of anaphylaxis has slowed such that  
68 David B.K. Golden observed: "Portier and Richet would turn in their graves to know that we are little  
69 more enlightened than a century ago on the real nature of anaphylaxis" (13).

70

#### 71 [Anaphylaxis: what did we achieve so far?](#)

72 The awareness of anaphylaxis as a life-threatening medical condition and its incidence have  
73 been increasing among different specialities. In recent years, evidence indicates its incidence has  
74 been increasing (14). The reported increases probably reflect a true increase in the prevalence of  
75 allergic disease, but are also confounded by cumulative incidence of anaphylaxis, better awareness  
76 and recognition of anaphylaxis, and changes in anaphylaxis coding, in part due to modifications in  
77 the international classification of diseases.

78 Anaphylaxis is recognized as a severe, life-threatening systemic hypersensitivity reaction,  
79 characterized by rapid onset and the potential to endanger life through respiratory or circulatory  
80 compromise. It is associated in most cases with skin and mucosal symptoms (15-19). It may present  
81 with different combinations of symptoms, and early onset of mild cutaneous pruritus may rapidly  
82 progress to entail a life-threatening reaction. This multi-faceted condition can manifest at any age  
83 and any health professional may be faced with it. Difficulty recognizing anaphylaxis can lead to  
84 delayed treatment with epinephrine and increase the risk of untoward outcomes including death  
85 (20,21).

86 The incidence of anaphylaxis ranges from 1.5 to 7.9 per 100 000 person-years in European  
87 countries (22) and 1.6 to 5.1 per 100 000 person-years in United States (23). Epidemiological data  
88 are heterogeneous for a number of reasons. Most of epidemiological studies have addressed  
89 subpopulations or specific triggers, which does not provide a global view from a public health  
90 perspective that would lead to general recommendations for clinical practice.

91 Anaphylaxis is a recognized cause of death in all age groups, in both genders and regardless of  
92 the ethnicity. The rate of anaphylaxis-related mortality is less than 1 per million per year in most  
93 high-income countries (15-19). There are limited epidemiological data from middle and low-income  
94 countries. One of the recognized difficulties in establishing accurate anaphylaxis data in population-  
95 based studies is the misclassification of this condition under the World Health Organization (WHO)  
96 International Classification of Diseases (ICD), but this may change with implementation of the ICD-  
97 11, which includes a chapter focused on allergic and hypersensitivity conditions (24-27).

98 Recently, the definition of anaphylaxis by the WAO was reviewed, in order to capture not only  
99 severe cases (26), but also to align this effort with the anaphylaxis definition proposed in the WHO  
100 ICD-11: “Anaphylaxis is a severe, life-threatening systemic hypersensitivity reaction characterized  
101 by being rapid in onset with potentially life-threatening airway, breathing, or circulatory problems  
102 and is usually, although not always, associated with skin and mucosal changes” (26-28). From the  
103 initial description of anaphylaxis as a clinical entity with acute onset of symptoms involving 2 or  
104 more organs or with the association with hypotension or upper respiratory commitment, its  
105 definition has evolved to a more mechanistic description based on precision medicine into  
106 phenotypes with underlying endotypes supported by diagnostic biomarkers (29). Clinical and basic  
107 research have been done since the initial description of anaphylaxis 118 years ago, which has  
108 advanced the field and provided insight into its pathogenesis and management. For example, IL-33  
109 has been described as key cytokine involved in anaphylaxis (30), neutrophils have been described as  
110 potential cellular actors in defined types of anaphylaxis (31) and PAF has been described as a new  
111 mediator of anaphylaxis among many other basic discoveries (32) and the fact that chemotherapy  
112 and monoclonals have been described as the new most important drugs inducing anaphylaxis (33) .  
113 Also, mastocytosis, hereditary alpha tryptasemia and non clonal mast cell activation syndrome have  
114 been described as the essential clinical causes of anaphylaxis.

115 The WAO also reviewed the diagnostic criteria of anaphylaxis as follows (28) (Table E1).

116 Although the academic/scientific communities have made efforts to work on documents to advocate  
117 in favour of awareness and management (15-19,34-37), there are few publications documenting the  
118 populations’ feedback to the awareness efforts.

119

120 LESSONS FROM THE FIELD

121 Clinical vignette: “I can’t breathe well!”

122 “I can’t breathe well” was the chief complaint of a 14 year-old girl in 3 previous episodes of  
123 anaphylactic reactions during the winter of 2018-2019 – each of which occurred with exercise. In  
124 addition to dyspnea and cough, she presented with palpebral angioedema and rhinoconjunctivitis  
125 symptoms. All episodes occurred with consumption of food including wheat or wheat-containing  
126 items within the several hours prior to exercise. In all episodes, she required emergency department  
127 management, receiving anti-histamines, inhaled Beta2-agonists and systemic corticosteroids. No  
128 adrenaline was administered.

129 She developed asthma in childhood, and was treated with a Beta2 agonist inhaler to be used  
130 on an as needed basis. Skin testing demonstrated wheal/flare reactions to multiple inhalant  
131 allergens including house dust-mite, cat dander, *Alternaria alternata* and pollens (olive, plane and  
132 birch trees, cypress, ambrosia, grass). Despite being multi-sensitized, sublingual allergen  
133 immunotherapy with cypress pollen was started in October 2019 and was associated with  
134 improvement in respiratory symptoms. The patient had no total serum tryptase measured. Her  
135 medications included valproic acid for seizure disorder.

136 Food-dependent exercise-induced anaphylaxis was suspected based on the clinical history.  
137 Serum specific IgE (4.5 KU/l) to wheat was detected with total IgE 3000 KU/l, and food provocation  
138 test with wheat and subsequent exertion (Treadmill challenge) and 500mg of Aspirin did not  
139 provoke generalized reaction. Despite this, the patient was advised to avoid wheat consumption  
140 before exercise. She received a written action plan and prescription of AAI.

141 In January 2020, the patient had another episode of anaphylaxis at home, presenting with  
142 ocular and axillary pruritus, abdominal pain, pharyngeal edema with cough, urticaria and  
143 respiratory distress. Her mother administered EAI (Emerade® 300 µg) and emergency medical  
144 services was called. She also received systemic corticosteroids. However, she was advised to avoid a  
145 second administration of AAI. Her reaction progressed such that she developed vomiting and  
146 hypotension (systolic AP 80mmHg) at the time of the arrival of emergency medical services. No  
147 tryptase was measured during the acute phase of the anaphylactic reaction. Since our Allergy  
148 Department was also contacted, we recommended obtaining serum tryptase in the emergency  
149 department. Tryptase level was 7.2 µg/L (baseline: 3.7 µg/L) taken 4 hours after the acute phase,  
150 supporting a diagnosis of anaphylaxis. No specific trigger or co-factor was identified.



151 We reviewed the patient's files in order to identify possible non-investigated food triggers.  
152 Based on this evaluation, skin prick tests to pine nuts and tomato were performed and were  
153 positive. Differential diagnoses such as vocal cord dysfunction and features of dysautonomia have  
154 been ruled out. The patient is undergoing further investigation to revise management  
155 recommendations and a provocation test is scheduled.

156 This case highlights the challenges we may face in identifying an etiology for anaphylaxis in  
157 practice, and care in emergency departments that may not be consistent with best evidence and  
158 recommendations in recent guidelines (35). An understanding of the emergency medical assistance  
159 service for this patient has been set up but a standardized procedure for anaphylaxis with the  
160 measure of total serum tryptase dosage would be desirable at the Emergency department. A key  
161 point is the mistaken advice of not administering a second dose of epinephrine in the face of  
162 progressively worsening symptoms. We take this case as an example to call for harmonized actions  
163 for improved diagnosis and management of anaphylaxis.

164

#### 165 [Anaphylaxis: unmet needs](#)

166 Since anaphylaxis entails the potential for rapidly developing life-threatening respiratory  
167 and/or circulatory compromise, prompt management is imperative. Over the last decade, the  
168 allergy/immunology community has intensified its efforts to encourage recognition and appropriate  
169 management of patients with anaphylaxis. However, gaps in understanding and implementation of  
170 management recommendations persist due to many factors including lack of a point-of-care  
171 diagnostic test, limited understanding of which patient may progress to life-threatening  
172 cardiopulmonary involvement, limited availability and appropriate use of first-line medications. Key  
173 unmet needs are:

#### 174 **Lack of adoption of standardized treatment protocols**

175 Although the number of publications on anaphylaxis has increased over the last decade,  
176 anaphylaxis is still not consistently recognized by health care professionals and the optimal  
177 management is still hampered by specific false medical beliefs. Difficulty in the recognition of  
178 anaphylaxis is, in part, due to the variability of diagnostic criteria, and complicated by the  
179 heterogeneity in recommendations made by different national and international guidelines. Rarity of  
180 the event, multiple differential diagnoses and false medical beliefs also play a role. These factors  
181 tend to perpetuate a delay in administration of appropriate treatments, increase the risk of

182 untoward outcomes from anaphylaxis, and encumber epidemiological studies of anaphylaxis since  
183 medical records are the basis of national and international registries.

184 Many countries and regions have national anaphylaxis guidelines such as in France (34),  
185 Europe (16), the USA (35), Australia (36) and Latin America (37). Recently, consistent efforts have  
186 been made to reach a broader harmonization between these guidelines (6), but it is still necessary to  
187 have a unified management system for the benefit of patients worldwide.

#### 188 **Development of reliable markers for risk of severe/near-fatal/fatal anaphylaxis**

189 Limited comparable epidemiological studies or research to increase understanding and to  
190 develop diagnostic and predictive tests remain key unmet needs. Data can differ widely depending  
191 on the number of variables (38,39). The most widely discussed issues in the epidemiology of  
192 anaphylaxis over the last 10 years are: (I) regional variations in concepts and definitions, (II) whether  
193 prevalence or incidence is the best measure of the frequency of anaphylaxis in the general  
194 population, (III) whether the frequency of anaphylaxis is higher than previously thought, and (IV)  
195 whether the increasing incidence published is real or reflects different methodologies and  
196 definitions used.

197 The etiology and risk factors/ co-factors for anaphylaxis described in epidemiologic studies are  
198 not well characterized and may indeed be influenced by regional/national differences in allergen  
199 exposures and genetic markers. In general, the most frequent triggers of anaphylaxis are drugs,  
200 foods and insect venoms. The frequency varies with age. Currently, anaphylaxis phenotypes are  
201 defined by clinical presentation into type-I-like reactions, cytokine storm-like reactions, and mixed  
202 reactions. The endotypes underlying these phenotypes include IgE- and non-IgE-mediated  
203 mechanisms, cytokine release, mixed reactions, and direct activation of immune cells (29). However,  
204 further elucidation of specific underlying mechanisms of anaphylaxis is required in order to better  
205 characterize anaphylaxis phenotypes and endotypes, and decrease the number of cases labelled as  
206 idiopathic anaphylaxis.

#### 207 **Frequent lack of appropriate follow-up from emergency departments**

208 Anaphylaxis can occur in every setting, and pre-hospital management plays a crucial role in  
209 influencing outcomes of anaphylaxis (40-42). Therefore, patients and their caregivers have to be well  
210 prepared for prompt treatment of anaphylaxis based on written emergency action plans (7).  
211 Physicians, nurses and/or technicians working in ambulances should also be aware of first-line  
212 anaphylaxis management protocols and align their actions accordingly.

213 Most cases of anaphylaxis are first seen by emergency department physicians or general  
214 practitioners. However, only about 50% of patients are referred to allergists for further investigation  
215 and/ or treatment. Recommendations for follow up and trigger avoidance at time of discharge from  
216 the emergency room are provided infrequently (39). These data highlight the need for optimizing  
217 and standardizing protocols for anaphylaxis management, and implementing effective education  
218 and training programs. Also there should be specific programs in medical schools, residencies and  
219 postgraduate training programs that include aspects of anaphylaxis and its management, as well as  
220 funding for the postgraduate education of specialists.

#### 221 **Development of a rapid point-of-care diagnostic test**

222 Although knowledge has evolved in specific areas, such as in food allergy, standardized  
223 diagnostic procedures should be tailored to specific triggers, combination of manifestations and  
224 specific age groups. Although standardized diagnostic procedures have been published, validation of  
225 these clinical tests for all allergens does not exist and multi-center, multi-national studies are  
226 needed. Generally speaking, diagnosis of allergen sensitization is made using skin tests (foods,  
227 Hymenoptera venom, some drugs and aeroallergens), serum allergen-specific IgE (foods,  
228 Hymenoptera venom, some drugs and aeroallergens), and provocation tests (foods, drugs) (43).  
229 Other complementary tests, such as cellular allergen stimulation test (CAST) and basophil activation  
230 test (BAT) and molecular diagnostic testing, are available in a number of countries, mainly for  
231 research purposes (44-47).

232 Serum (or plasma) levels of total tryptase and mature tryptase measurements are  
233 recommended in the diagnostic evaluation of anaphylaxis. However, the first measurement of  
234 serum tryptase during the acute event is seldom performed, or in some areas of the world this  
235 marker is not even available to be performed.

#### 236 **Lack of availability, adherence and use of essential medicine for anaphylaxis**

237 Pharmacological treatment of anaphylaxis, including epinephrine,  $\beta_2$  adrenergics,  
238 antihistamines, corticosteroids, dopamine, glucagon, and oxygen are available in virtually all  
239 countries. However, AAI are not always available in most of world countries. In countries in which  
240 AAI are commercially available, national policies regarding the availability of AAI at public settings  
241 are required (schools, public transport and etc).

242 Though there is no contraindication to epinephrine in the treatment of anaphylaxis and  
243 intramuscular administration is recommended, subcutaneous and intravenous administration are in

244 use in 10 to 20% of cases (mainly during peri-operative anaphylaxis) and in many other cases  
245 epinephrine is not even administered (34). There is also a lack of consensus regarding how long a  
246 patient with anaphylaxis should be kept under observation at the healthcare setting after treatment  
247 and resolution of the acute phase, especially in view of the possibility of biphasic reactions. Recently,  
248 the Joint Task Force Practice parameter on anaphylaxis rated the recommendation of extended  
249 clinical observation in a setting capable of managing anaphylaxis (to detect a biphasic reaction) for  
250 patients with resolved severe anaphylaxis and/or those who need > 1 dose of epinephrine as having  
251 very low evidence (35). This low rate score for the recommendation may reflect the lack of  
252 comparable evidence-based data. The lack of research is directly due to the fleeting nature of  
253 anaphylaxis and the difficulty in doing studies in humans that could induce anaphylaxis.

254

#### 255 ACTION PLAN FROM THE WHO COLLABORATING CENTER

256 Public health's core mission is prevention of injury or disease. Taking the concept of  
257 prevention levels and applying it to anaphylaxis (Table 1) facilitates understanding that the measures  
258 proposed as primary and secondary preventions are addressed mostly to asymptomatic conditions,  
259 in which the main concerns are identifying individuals or populations at risk (48).

260 Tertiary prevention strategies are the most familiar for physicians worldwide who are involved  
261 in clinical medicine. When applied to anaphylaxis, it is intended to reduce the risk of another  
262 reaction and/or manage it appropriately to avoid negative outcomes. Prevention of anaphylaxis  
263 depends primarily on optimal management of patient-related risk factors, strict avoidance of  
264 confirmed relevant allergens or triggers, and, where indicated, immunomodulation (e.g.,  
265 Hymenoptera venom immunotherapy) (48).

266 In June 2018, the **WHO Collaborating Center (WHO CC) for the Scientific Classification of**  
267 **Allergic and Hypersensitivity Diseases** was established at the University Hospital of Montpellier,  
268 headed by Luciana Kase Tanno and Pascal Demoly (49). This designation is the result of recognition  
269 by WHO of all the efforts of the ALLERGY in ICD-11 initiative (24,25,27, 50,51) and is intended to  
270 provide academic, research and scientific support to WHO in the implementation, refinement and  
271 maintenance of the WHO-FIC (Family of International Classifications) in our areas of expertise. WHO  
272 CCs are institutions designated by the Director-General of the WHO and endorsed by the national  
273 minister of health to carry out activities in support of the WHO programmes, such as communicable  
274 diseases, nutrition, mental health, occupational health among others. Currently, there are 25 WHO  
275 CCs responsible for the WHO-FIC and the Montpellier WHO CC is the only one with expertise in

276 allergy and clinical immunology. The WHO is a recognized specialized agency of the United Nations  
277 concerned with international public health. Since the Montpellier WHO CC is aligned with WHO  
278 actions to support the community, tailored actions for quality of care of patients, such as  
279 management and prevention of anaphylaxis, are under this context.

280 As the only WHO Collaborating Center for classifications of allergic and hypersensitivity  
281 conditions, we intend to establish close collaboration with national bodies in order to implement  
282 actions for better patients' care, monitor and prevention, developments in research, and launch  
283 measures in order to reduce avoidable deaths. Also, we intend to extend these actions  
284 internationally with the support of the WHO-FIC, academic and scientific networks, the Joint Allergy  
285 Academies, stakeholders and patients' organizations. Our WHO CC will provide the means through  
286 which governmental and nongovernmental collaborating parties can combine their strengths to  
287 achieve focused objectives, avoiding wasting of energy and resources.

288 The WHO CC can facilitate bilateral dialogue with these bodies and foster easier  
289 communication with health organizations. Our aim is to use the action plan applied to anaphylaxis as  
290 a model, but we may also extend this to other allergic and hypersensitivity conditions in the coming  
291 period. Human and financial resources will be required and may be achieved via support from the  
292 abovementioned bodies, robust research projects and structured collaborations. We intend to take  
293 all the support to move on the proposed action plan. For that, structured collaborations are under  
294 development.

295 Promoting increased awareness of anaphylaxis will be a key step forward. This will require  
296 consistent and bilateral communication with general practitioners, emergency department  
297 providers, primary care physicians, pediatricians and specialists, as well as other health  
298 professionals.

299 In order to align international and national efforts for increasing awareness, collaborations  
300 must be forged among professionals dealing with anaphylaxis. For this reason we propose a  
301 timetable schedule in order to optimize the diagnosis and management of anaphylaxis (Figure 1). A  
302 prioritized agenda should encapsulate all these steps in the frame of a global initiative against  
303 anaphylaxis. Countries with different economic conditions have specific priorities and requirements.  
304 The proposed action plan should support countries with different needs.

305 More than calling for harmonized action for best management of anaphylaxis to prevent  
306 undue morbidity and mortality, we are proposing an action plan as a baseline for a global initiative  
307 against anaphylaxis. We strongly believe these collaborative efforts are a strong public health and

308 societal priority, that is consistent with the overarching goals of providing optimal care of allergic  
309 patients and best practices of allergology.

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440 Figure 1: Timetable action plan proposal for the optimization of diagnosis and management of anaphylaxis

**Table 1: Prevention concepts from a public health perspective, applied to anaphylaxis and intervention actions (adapted from 35)**

LEVELS OF PREVENTION	APPLYING PREVENTION CONCEPTS TO ANAPHYLAXIS	INTERVENTIONS AND ACTIONS APPLIED TO ANAPHYLAXIS
Primary Prevention	<p>Primary prevention addressed to anaphylaxis would imply the identification of individuals or populations at risk in order to avoid sensitization. For this, specific risk factors should be identified in unsensitized individuals with no history of an anaphylactic reaction.</p>	<ul style="list-style-type: none"> <li>– Increase health professionals’ awareness through education and continuing education programs (e.g., breastfeeding, latex avoidance, early food diversification for infants).</li> <li>– Support dissemination of accurate information to the public (e.g., EAACI Anaphylaxis campaign, WAO Allergy week).</li> <li>– Specific interventions with early introduction of specific foods in the infant diets (e.g., peanut).</li> <li>– Remove strong sensitizers from public places and workplace environments (e.g., remove powdered latex gloves to prevent occupational latex allergy/ anaphylaxis, remove OTC use of pholcodine to prevent neuromuscular blocking agent anaphylaxis).</li> <li>– Labelling industrial products</li> <li>– Availability of adrenaline auto-injectors in countries in which it is not available in the health system</li> <li>– Availability of adrenaline auto-injectors in public settings (schools, public transport and etc..)</li> <li>– Strengthen standard international definitions, notification, classification and coding (e.g., International Classification of Diseases) to support monitoring morbidity and mortality</li> </ul>

<p>Secondary Prevention</p>	<p>Secondary prevention in the context of anaphylaxis includes sensitized individuals with no history of an anaphylactic reaction. The aim is to prevent the development of an allergic disorder in patients previously sensitized. Screening of the general population for sensitization is not recommended. Sensitization is common and does not imply the diagnosis of an allergic disease. Screening should be applied to individuals with known risk factors.</p>	<ul style="list-style-type: none"> <li>– Individualized screening in order to identify sensitized individuals and support specific measures (e.g., those with occupational latex sensitization).</li> <li>– Individualized indication of adrenaline auto-injectors</li> <li>– Increase health professionals’ awareness through education and regular information programs.</li> <li>– Strengthen standard international definitions, notification, classification and coding (e.g., International Classification of Diseases) to support monitoring morbidity and mortality.</li> </ul>
<p>Tertiary Prevention</p>	<p>Tertiary prevention: This concept should be focused on patients who have experienced an anaphylactic reaction. After initial clinical presentation, it is intended to reduce the risk of another reaction and/or manage it appropriately and avoid negative outcomes.</p>	<ul style="list-style-type: none"> <li>– Complete allergological work-up to confirm triggers (inducers) and support specific immunomodulation (e.g., allergen immunotherapy for Hymenoptera venom anaphylaxis or full drug allergy work up as indicated) and provide a written documentation of the diagnosis and the confirmed triggers/agents.</li> <li>– Individualize patient’s education and provide specific information: environmental or behavior modifications to reduce patient’s exposure to allergens, provide a written anaphylaxis emergency action plan. Adrenaline auto-injectors (individualized indication)</li> <li>– Support accurate food allergen labelling to protect consumers.</li> <li>– Support the emergency training of health professionals to rapidly identify and manage anaphylaxis.</li> <li>– Correct notification of new cases (e.g., as new allergens arise,</li> </ul>

		<p>support large cohort analysis).</p> <ul style="list-style-type: none"><li>– Increase health professionals' awareness through education and continuous information programs.</li><li>– Strengthen standard international definitions, notification, classification and coding (e.g., International Classification of Diseases) to support monitoring morbidity and mortality.</li></ul>
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OTC, over-the-counter

**Figure E1: Adrenaline auto-injectors commercially available in France (2018) and their differences (8).**



## HOME/ PUBLIC SETTING

## EMERGENCY TRANSPORT

## EMERGENCY DEPARTMENT/ HOSPITAL/ PRIMARY CARE

## SPECIALIST (ALLERGIST)

*Strengthen standard international definitions, notification, classification and coding (e.g., International Classification of Diseases) to support monitoring morbidity and mortality.*

*Education of medical students, residents, nurses and other key health care personal should be key to any improvement in the recognition of anaphylaxis and its management*

- Identification of symptoms
- Prompt treatment and call the emergency following the written anaphylaxis action plan
- Availability of adrenaline auto-injectors in public settings (schools, public transport and etc..)
- Support dissemination of accurate information to the public (e.g., EAACI Anaphylaxis campaign, WAO Allergy week).
- Specific interventions with early introduction of specific foods in the infant diets (e.g., peanut).
- Remove strong sensitizers from public places and workplace environments (e.g., remove powdered latex gloves to prevent occupational latex allergy/ anaphylaxis, remove OTC use of pholcodine to prevent neuromuscular blocking agent anaphylaxis).
- Labelling industrial products
- Individualize patient's education and provide specific information: environmental or behavior modifications to reduce patient's exposure to allergens, provide a written anaphylaxis emergency action plan. Adrenaline auto-injectors (individualized indication)

- Identification of symptoms
- Prompt treatment and call the emergency following the written anaphylaxis action plan
- Availability of adrenaline and/or adrenaline auto-injectors
- First measure of total serum tryptase measure
- Support the emergency training of health professionals to rapidly identify and manage anaphylaxis.
- Increase health professionals' awareness through education and continuous information programs.

- Identification of symptoms
- Prompt treatment and call the emergency following the written anaphylaxis action plan
- Availability of adrenaline and/or adrenaline auto-injectors
- First measure of total serum tryptase (if the blood sample has not been collected previously and if among first 2 hours of the symptoms)
- Individualized indication of adrenaline auto-injectors and avoidance of potential elicitors
- Refer to the allergist for further investigation
- Support the emergency training of health professionals to rapidly identify and manage anaphylaxis.
- Increase health professionals' awareness through education and continuous information programs.
- Correct notification of new cases.

- Individualized screening in order to identify sensitized individuals and support specific measures (e.g., those with occupational latex sensitization).
- Individualized indication of adrenaline auto-injectors
- Second measure of total serum tryptase
- Complete allergological work-up to confirm triggers (inducers) and support specific immunomodulation (e.g., allergen immunotherapy for Hymenoptera venom anaphylaxis or full drug allergy work up as indicated) and provide a written documentation of the diagnosis and the confirmed triggers/agents.
- Individualize patient's education and provide specific information: environmental or behavior modifications to reduce patient's exposure to allergens, provide a written anaphylaxis emergency action plan. Adrenaline auto-injectors (individualized indication)
- Increase health professionals' awareness through education and continuous information programs.
- Correct notification of new cases (e.g., as new allergens arise, support large cohort analysis).