

# Asthma and Anaphylaxis Workbook

Student Name \_\_\_\_\_

Course date \_\_\_\_\_

## ANAPHYLAXIS

Please fill in the missing gaps and circle the answers you believe to be correct there may be more than one correct answer

### Question 1

Anaphylaxis is a life threatening allergic reaction that may be triggered by

\_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_

### Question 2

Mild to Moderate reactions may include

- a) Swelling to lips, face and eyes      b) Abdominal pain      c) Hives or rash  
d) Tingling to the lips or mouth      e) Difficulty breathing

### Question 3

Mild reactions can escalate to anaphylaxis in as little as

- a) 20-30 seconds      b) 1-2 minutes      c) 5 minutes      d) 15 minutes

### Question 4

When using an EpiPen the orange end is placed against the

- a) Thigh      b) Upper arm      c) Buttocks      d) Abdomen

### Question 5

A patient suffering from anaphylaxis should be placed

- a) Standing      b) Sitting if short of breath      c) Supine

### Question 6

Further adrenaline via an EpiPen can be administered if no improvement after

- a) 1 minutes      b) 2 minutes      c) 30 minutes      d) 5 minutes

### Question 7

Severe allergic reactions require the administration of adrenaline usually via an EpiPen

- a) True      b) False      c) sometimes      d) never

### Question 8

Signs and symptoms of a severe allergic reaction or anaphylaxis could include

- a) Difficulty breathing      b) Difficulty talking      c) Unconsciousness  
d) Swelling or tightness to the throat      e) A headache

**Question 9**

The most common trigger of anaphylaxis is

- a) Latex                      b) Insects                      c) Food                      d) Medications

**Question 10**

The number of people in Australia who have an allergy is about

- a) 1 in 20                      b) 1 in 50                      c) 1 in 5                      d) unknown

**Question 11**

Each year the approximate number of deaths attributed to anaphylaxis is

- a) 15                      b) 12                      c) Unknown                      d) 50

**Question 12**

Common food triggers of anaphylaxis could include

- a) Peanuts                      b) Dairy                      c) Seafood                      d) Eggs

**Question 13**

The two basic categories of anaphylaxis are

1 \_\_\_\_\_ 2 \_\_\_\_\_

**Question 14**

Histamine and cytokines are responsible for

- a) Vasodilation                      b) Fluid loss into tissues                      c) Smooth muscle contracting  
d) Increased mucus secretion e) Swelling to the feet

**Question 15**

Early administration of adrenaline via an EpiPen slows down or decreases the amount of Histamine and Cytokines released by the Mast cells

- a) True                      b) False                      c) It is unknown                      d) Sometimes

**Question 16**

An Adrenaline auto-injector like an EpiPen contains

- a) 2 doses                      b) 3 doses                      c) 1 dose                      d) 5 doses

**Question 17**

You should always read the instructions on an auto-injector in case of changes you are unaware of

- a) True                      b) False

**Question 18**

It is better to use an auto-injector that is in date than one that is out of date, but if that is all that is available it can be used

- a) True                      b) False

**Question 19**

It is better to use an auto-injector that has a clear window than one that is cloudy, but if that is all that is available it can be used

- a) True                      b) False

**Question 20**

The EpiPen Junior contains how much adrenaline

- a) 100mcg                      b) 300mcg                      c) 500mcg                      d) 150mcg

**Question 21**

The **Adult** EpiPen contains how much adrenaline

- a) 100mcg                      b) 300mcg                      c) 500mcg                      d) 150mcg

**Manage Anaphylaxis Risks**

**Question 22**

Groups that need to consider the risk of anaphylaxis are

- a) Children in care            b) Schools                      c) Workplaces                d) Voluntary organisations

**Question 23**

In regards to the groups in Question 22 what 3 documents should they have?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

**Question 24**

A risk assessment should for part of the planning process for all activities, why?

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**Question 25**

At child care centres Action Plans must be supplied by \_\_\_\_\_

**Question 26**

Please fill in the missing words for the mild to moderate allergic reaction below

If the patient has their own action plan \_\_\_\_\_ should follow it, if they are \_\_\_\_\_ by a bee or other insect you \_\_\_\_\_ remove the sting.

The patient may have been prescribed \_\_\_\_\_ tablets, if so and able to they should take them.

If the patient has some \_\_\_\_\_ to the lips or airway \_\_\_\_\_ may help to reduce the \_\_\_\_\_ making it easier for them to breath.

In the event of an allergic reaction happening in a child care centre we need to notify the child's \_\_\_\_\_, the child will need to be \_\_\_\_\_ in case of \_\_\_\_\_ which would mean the child may need an \_\_\_\_\_ auto-injector.

**Question 27**

Please fill in the missing words for the severe allergic or anaphylactic reaction below

If the patient has their own action plan \_\_\_\_\_ should follow it, if they don't we should use the \_\_\_\_\_ Management Plan.

The patient should be positioned \_\_\_\_\_ unless they are short of breath in which case we would position them \_\_\_\_\_

The \_\_\_\_\_ safety cap of an EpiPen must be \_\_\_\_\_ before use. The Adrenaline auto-injector should be used with the \_\_\_\_\_ end against their \_\_\_\_\_

\_\_\_\_\_ May help to reduce swelling

An \_\_\_\_\_ should be called using \_\_\_\_\_ from a mobile or \_\_\_\_\_ from a land line.

In the event of an anaphylactic reaction happening in a child care centre we need to notify the child's \_\_\_\_\_, the child will need to be \_\_\_\_\_ in case of \_\_\_\_\_ which would mean the child may need a \_\_\_\_\_ Adrenaline auto-injector.

## Asthma

**Question 28**

Asthma is a respiratory condition that often presents with

- a) Spasms in the airway
- b) an increase in mucus production
- c) leg pain
- d) respiratory distress
- e) an inflammation of the airway

**Question 29**

Mild symptoms of an asthma attack may include

- a) Vomiting
- b) needing to use the toilet
- c) An audible wheeze
- d) shortness of breath
- e) chest tightness

**Question 30**

If you suspect the patient is having a severe asthma attack you should call an ambulance as soon as possible

- a) True
- b) false

**Question 31**

An asthmatic having an asthma attack should be kept sitting unless unconscious

- a) True
- b) false

**Question 32**

Signs of a severe asthma attack could include

- a) No wheeze
- b) Needing to use the reliever puffer more often
- c) Unable to speak in sentences
- d) leg pain

**Question 33**

Signs of young children during an asthma attack could include

- a) Coughing and vomiting
- b) the muscles in the chest suck in when they breathe
- c) They don't feel like eating or drinking
- d) They become restless and sometimes drowsy

**Question 34**

If the patient has an Asthma Action Plan you should follow it

- a) True
- b) False

**Question 35**

If there is no Asthma Action Plan available you should give

- a) 4-6 puffs of the reliever
- b) 4-6 puffs of the preventative
- c) 10-12 puffs of the reliever
- d) 1-12 puffs of the preventative

**Question 36**

If there is a spacer available or you can quickly make one it should be used

- a) True
- b) False

**Question 37**

You should keep giving the patient 4-6 puffs every 4-6 minutes until their condition improves or the ambulance arrives

- a) True
- b) False

**Question 38**

It is dangerous to give someone who is not a diagnosed asthmatic Salbutamol / Ventolin

- a) True
- b) False

**Question 39**

You should always shake an inhaler before you administer it

- a) True
- b) False

**Question 40**

When using an inhaler, after administration the patient should hold their breath for

- a) 10 seconds
- b) 4 seconds
- c) 15 seconds
- d) 30 seconds

**Question 41**

Relievers are normally coloured

- a) Green
- b) Orange
- c) Red
- d) White
- e) Blue / Grey

**Question 42**

Common relievers are

- a) Salbutamol
- b) Ventolin
- c) Asmol
- d) Bricanyl
- e) Seretide

**Question 43**

Preventer medications are normally coloured

- a) Blue / Grey
- b) White
- c) Red
- d) Orange

**Question 44**

Common preventer's include

- a) Flixotide                      b) Pulmicort                      c) Ventolin                      d) Tilade

**Question 45**

Symptom Controller medications are normally coloured

- a) Red                      b) White                      c) Green                      d) Purple

**Question 46**

Symptom controllers act quicker than relievers

- a) True                      b) False

**Question 47**

Red and White Combination Medications are for adults only

- a) True                      b) False

**Question 48**

Children's and adult combination medications are often coloured

- a) Purple                      b) Grey                      c) Orange                      d) Green

**Question 49**

There is no such thing as Exercise Induced Asthma

- a) True                      b) False

**Question 50**

Asthmatics should avoid all triggers except exercise

- a) True                      b) False

**Question 51**

Asthmatics should take their medication before exercise the recommended time frame is

- a) 60 minutes    b) 25-50 minutes    c) 5-20 minutes    d) immediately before exercise

**Question 52**

Asthmatics should always carry their puffer during exercise, the correct colour one is

- a) Green                      b) Blue / Grey                      c) Orange                      d) Purple

**Question 53**

During exercise it is wise for asthmatics to adopt the 2 strikes and you're out rule

- a) True                      b) False

**Question 54**

Coaches and First Aider associated with clubs should have specific Asthma training

- a) True                      b) False

**Question 55**

Asthmatics should ensure that they warm up before exercise and warm down after exercise

- a) True                      b) False