

The full report is titled: "Guidance for compassionate restraint of small children to prevent injuries with epinephrine autoinjectors." It is in the Mar-Apr 2018 issue of *Allergy Asthma Proceedings* (volume 39, pages 161 to 165). The author is Martha V. White.

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Guidance for parents for prevention of injuries with epinephrine autoinjectors

Anaphylaxis is a serious, life-threatening condition caused by an allergic reaction that occurs most commonly to foods, insect stings, or medications. Anaphylaxis requires immediate medical treatment, including a prompt injection of epinephrine. In children, the injection is usually administered by parents or, in a school setting, by a nurse by using an epinephrine autoinjector (EAI) device for delivery of a measured dose or doses of epinephrine (adrenaline). Although life saving, these devices, if improperly used, have been associated with injury such as bruising and lacerations, particularly when used in children, who may be uncooperative during needle injection. In a recent report, White, from the Institute for Asthma and Allergy, Wheaton, MD, offers a set of practical guidelines for the compassionate restraint of small children during an allergic emergency to ensure the safe use of an EAI.

Who or What Was Proposed to Be Studied?

Information was derived from a literature review of original articles published in peer-reviewed journals.

How Was the Study Done?

The guidelines were developed by using published reports supplemented by the author's clinical experience. A patient was included to illustrate a compassionate restraint technique during a mock injection with an EAI.

What Are the Limitations of the Proposed Study?

The report is subject to limitations inherent to the adequacy of the survey methodology.

What Are the Implications of the Study?

This report offers a practical set of guidelines for a compassionate and safe use of an EAI during an allergic emergency. Many parents fear giving injections because they do not want to hurt their child or incorrectly use the device. This set of guidelines provides parents and caregivers with a method for securing small children during an allergic emergency that can give them needed confidence to inject their children safely and without injury. □