

**STANDARD, LIMITS and CONDITIONS for PRESCRIBING and ADMINISTERING
Antihistamines or drugs for the management of Anaphylaxis***

The following standard, limits and conditions apply to the category of antihistamine or drugs for the management of anaphylaxis as per Schedule B, Part 1 of the Midwifery Regulation. This list is inclusive. Midwives may not independently prescribe and administer any other antihistamine or drugs for the management of anaphylaxis unless, on the advice of the College's Standards Committee, this standard is amended. This Standard provides indications, routes of administration and upper dosage limits where appropriate, for drugs which may be prescribed, ordered and administered by midwives in the category of antihistamines or drugs for the management of anaphylaxis.

Following this Standard is mandatory for all registered midwives.

- **Diphenhydramine Hydrochloride**

(Benadryl®). Adjunctive therapy in the treatment of maternal anaphylactic reactions related to the administration of a drug, vaccine or serum. This drug is for emergency purposes, and its use should be concurrent with or immediately followed by a physician consultation and if out-of-hospital, emergency transport to hospital. Further definitive treatment would be managed by a physician. Administered intramuscularly, one time only. Usual adult dose is 50 mg IM.

- **Epinephrine hydrochloride**

For the treatment of anaphylactic shock as a result of an allergic reaction following administration of a drug, vaccine or serum. (*Also used for neonatal resuscitation - indications and dosages for this use are not discussed in this Standard*). This drug is for emergency purposes, and its use should be concurrent with or immediately followed by a physician consultation and if out-of-hospital, emergency transport to hospital.

The usual adult dose is 0.2 to 0.5 mg (0.2 to 0.5 mL) IM of 1:1000 concentration. Evidence suggests that the best site for injection may be the thigh. Midwives may choose to use an auto-injector (EpiPen®) for ease of administration. Each auto-injector contains: 2 mL epinephrine injection 1:1000 and is designed to deliver a single dose of epinephrine 0.3 mg. EpiPen contains 2 mL but delivers a single dose of 0.3 mL only, with 1.7 mL remaining in the unit after use. Epinephrine can be re-administered every 5 to 15 minutes to a maximum of 3 doses. If applicable it should be injected into a non-immunized limb.

* Adapted from CMBC's Standards, Limits & Conditions for Prescribing, Ordering & Administering Drugs