

EPIPEN® SKILLS TEST

Name _____ School _____

Place a (1) in the box if the skill is attained.

1	Identify five signs and symptoms of anaphylaxis.	
2	Have someone call 911 (If no one available, administer EpiPen® then call).	
3	Remove EpiPen® from package and protective carry tube by flipping the yellow or green cap. (note: The EpiPen® is designed to work through clothing or directly on the skin).	
4	Make a fist around the EpiPen® Auto Injector and point the orange tip downward.	
5	Remove blue safety cap with your other hand, careful not to touch orange tip.	
6	Hold the EpiPen® with the orange tip pointing toward the middle part of the outer thigh area at a 90 degree angle.	
7	Swing and press the orange tip HARD into the outer thigh until you hear a “click.” Keep pressing the EpiPen® firmly against the thigh for 3 seconds, counting out loud. If administering to a young child, hold the leg firmly in place.	
8	Remove EpiPen® straight out of injection site.	
9	Massage injection site for 10 seconds. Monitor status until help arrives. Have next dose ready if needed.	
10	Patient has received the correct dose of the medication if the orange needle tip is extended and the window is obscured. If not, repeat steps 4-9.	
SCORE FOR NUMBER OF SKILLS CORRECTLY PERFORMED		10

Potential Signs and Symptoms of Anaphylaxis

Mouth: Itchy, swelling of tongue and/or lips

Throat: Itchy, tightness/closure, hoarseness, trouble breathing/swallowing

Skin: Itchy, hives, redness, swelling, red watery eyes

Gut: Nausea, vomiting, cramps, diarrhea

Lung: Short of breath, wheeze, repetitive cough

Heart: Pale or blue skin color, dizzy/faint, weak pulse

Neurological: Sense of “impending doom,” irritability, change in alertness, mood change, confusion

Other: Itchy, red, watery eyes

Store and Use

- Room temperature in the plastic tube it comes in
- DO NOT refrigerate
- Do not place/leave in vehicle in hot or cold weather
- Check expiration date, most expire within one year
- View color through window of unit: Should be clear. If brown, need new one.
- Dispose of auto-injector properly

Call 911 immediately after using the EpiPen®.

Transport by emergency personnel and monitor for further medical assistance in the emergency room at least 4 hours.

When do you use EpiPen® vs. EpiPen Jr®?

- EpiPen® auto-injector (0.3 mg) if > 66 lbs
- EpiPen Jr® auto-injector (0.15 mg) if 33 – 66 lbs

STAFF SIGNATURE _____

DATE _____