

## TEST

Name \_\_\_\_\_

Date \_\_\_\_\_

Instructor \_\_\_\_\_

### TRUE OR FALSE

1. Anaphylaxis is the most severe form of an allergic reaction and involves a person's breathing and/or circulation.  
True                  False
2. Severe asthma and anaphylaxis are life threatening emergencies that must be attended to immediately.  
True                  False
3. It is up to school leadership whether 911 should be called when a severe asthma/anaphylactic event occurs.  
True                  False
4. Staff must be trained to give epinephrine.  
True                  False
5. Epinephrine can be given through clothing.  
True                  False
6. Diphenhydramine (Benadryl) is not sufficient to treat anaphylaxis because it works too slowly in a severe reaction.  
True                  False
7. Nausea, vomiting, or diarrhea are not signs of anaphylaxis.  
True                  False
8. If treatment for a severe asthma/anaphylactic event is delayed, cardiac arrest and death may occur.  
True                  False
9. The Rule 59 protocol always replaces the student's action plan for asthma and anaphylaxis.  
True                  False

### MULTIPLE CHOICE

10. Which of the following statements is true regarding epinephrine administration for Rule 59?
  - a. It should be given in the abdomen or arm.
  - b. You should press and hold the pen in the muscle for 20 seconds after administering.
  - c. When administering, press and hold the pen in place for a count of three.

11. Epinephrine should be injected into the:
  - a. Buttocks
  - b. Upper arm
  - c. Abdomen
  - d. Outer thigh
12. Which of the following are NOT signs and symptoms of an asthma/anaphylaxis emergency?
  - a. Severe shortness of breath, wheezing, feeling lightheaded, low blood pressure
  - b. Fast heartbeat, clammy skin, collapsing or losing consciousness
  - c. Dilated pupils, headache, high blood pressure
  - d. Anxiety, restlessness, confusion
13. Rule 59 protocol states medication should be given in which order?
  - a. Nebulized albuterol followed by epinephrine
  - b. Epinephrine followed by nebulized albuterol
  - c. Either is correct as long as both medications are given
  - d. Medications are given at the nurse or Emergency Response Team's discretion
14. Which is true about the use of nebulized albuterol for anaphylaxis?
  - a. It should be administered immediately after epinephrine to help relieve breathing symptoms.
  - b. Albuterol reduces the body's allergic response.
  - c. It does not need to be given if the patient appears to be coming out of anaphylaxis.
  - d. It is acceptable to use the patient's albuterol inhaler instead of the nebulized albuterol.
15. Symptoms of anaphylaxis can occur:
  - a. Immediately after contact with an allergen
  - b. Hours after contact with an allergen
  - c. Either of the above
16. When are schools responsible to follow the Rule 59 protocol?
  - a. When school is in session (bell to bell/official school day)
  - b. Anytime people are in the building
  - c. During school and before/after school programs
  - d. All of the above
17. Emma, a 14 yr old student, enters the health office and says she ate a cookie and feels like her mouth is swelling. She is very short of breath and gasping for air. She does not have an allergy action plan or medications at school. According to the Rule 59 protocol, which of the following would you do FIRST?
  - a. Call 911
  - b. Call her physician
  - c. Check her mouth
  - d. Have someone get the cookie package
18. Andrew is a 10 yr old student diagnosed with asthma. He comes into the health office and says he feels wheezy. Andrew has an asthma action plan and personal medications at school. Which of the following would you do FIRST?
  - a. Have him lay down on a cot
  - b. Call his parent/guardian
  - c. Let him use his quick-relief inhaler according to his action plan
  - d. Offer a drink of water