



Annual Congress 2022 of the European Academy of Allergy and Clinical Immunology

How much are doctors aware of anaphylaxis? What do we know about diagnosis and treatment?

(Prague, Czech Republic 1-3 July 2022) Anaphylaxis is an acute, potentially life-threatening systemic hypersensitivity reaction. While the diagnosis of anaphylaxis is made by clinical and physical examination findings, variable clinical features cause anaphylaxis to be undetected or diagnosed late. Therefore, early diagnosis and correct treatment of anaphylaxis is vital; the first and life-saving treatment of anaphylaxis is adrenaline. It is life-saving for all physicians to recognize anaphylaxis and know how to treat it. However, in various studies, it has been shown that the level of knowledge and awareness of healthcare professionals about the diagnosis and treatment of anaphylaxis is not sufficient.

In the abstract *Evaluation of The Awareness and Knowledge of Physicians in The Diagnosis and Treatment of Anaphylaxis* presented at EAACI 2022, a questionnaire was prepared to evaluate the awareness and knowledge levels of physicians in the diagnosis and treatment of anaphylaxis and was shared with physicians. Of the 840 physicians who participated in the survey, 42% were specialists, 28.6% were residents and 29.9% were general practitioners. 90% of the participants chose skin involvement, 84% respiratory system involvement, 78% cardiovascular system involvement as anaphylaxis symptoms, while the rate of those choosing gastrointestinal system and upper respiratory tract involvement as anaphylaxis symptom was below fifty percent. 83.3% of the participants chose adrenaline as the first choice in anaphylaxis. 69.6% and 76.4% of the participants respectively correctly marked the route and the application site of adrenaline. Only 61% of the participants correctly marked the adrenaline dose. The rate of the participants who stated that there was no absolute contraindication for the use of adrenaline was found to be 48.7%. It is also found that the resident physicians have a higher rate of correct answers for adrenaline dose and administration route than that of specialists and general practitioners. This may be related with the education given during the residency.

“Anaphylaxis should be considered as a whole with correct diagnosis and correct treatment.” says Dr. Örcen, Clinic of Chest Diseases, University of Health Sciences, Derince Training and Research Hospital, Kocaeli, Turkey, as corresponding author. The study showed that physicians paid less attention to the gastrointestinal system and upper respiratory tract symptoms in the diagnosis of anaphylaxis. This may explain the inadequate use of adrenaline in clinical practice and/or why the diagnosis of anaphylaxis is overlooked. Answers regarding the application site and dose of adrenaline may appear as inadequate treatment and delay in treatment in daily practice.

This study revealed the need for the continuity of education, to eliminate the lack of knowledge of physicians in the diagnosis and treatment of anaphylaxis. Missing the diagnosis of anaphylaxis is important in terms of the vital risk faced by the patient, while determining the etiologic agent will prevent the patient from further exposures.

**About EAACI:**

The European Academy of Allergy and Clinical Immunology (EAACI) is an association of clinicians, researchers and allied health professionals founded in 1956. EAACI is dedicated to improving the health of people affected by allergic diseases. With more 13 000 members from 125 countries and over 75 National Allergy Societies, EAACI is the primary source of expertise in Europe and worldwide for all aspects of allergy.

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