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## Development and implementation of national anaphylaxis guidelines

Spanish anaphylaxis management guidelines (Guideline for the management of anaphylaxis, GALAXY project)

### Summary

The Spanish guideline for the management (diagnosis and treatment) of anaphylaxis has been prepared in record time. The collaboration of specialists with experience from different scientific societies facilitated the achievement of producing this easy to read and understand guide that is applicable in daily routine in both paediatric and adult patients. The dissemination of the guideline at different congresses and the publication and accessibility on different websites, along with the recognition by the Spanish National Health System, ensure its use in clinical practice.

### Authors

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### Introduction

- No anaphylaxis guidelines were available in Spanish
- High number of allergists (>1200)
- SEAI has a good scientific society structure (17 scientific committees)

### Main features of Spanish anaphylaxis guidelines

- Focused on diagnosing, treating and long-term management of anaphylaxis
- Initially, developed mainly by allergists
- Dissemination for use by allergists and other specialists
- For both adults and children
- Based on previously published guidelines, relevant position papers and evidence based medicine
- Intramuscular adrenaline is the treatment of choice of anaphylaxis in any setting, and it has to be administered early
- Serum tryptase is a useful marker in the diagnosis of anaphylaxis
- Any patient at risk of suffering an anaphylactic reaction should carry self-injectable adrenaline
- Patients who have experienced an anaphylactic reaction should be referred to an allergist for evaluation
- Road map for the elaboration and dissemination of the anaphylaxis guideline
- Invitation to emergency care societies to participate (SEUP and SEMES) and paediatric allergy representatives (SEICAP)
- First draft by end of April 2009
- Final document by September 2009
- Announcement at the SEAI International Symposium October 2009
- Publication 2011

### Key points

- Until now there was no consensus guideline regarding anaphylaxis management in Spain
- The prevalence of anaphylaxis is increasing in Spain
- Anaphylaxis is a severe allergic reaction which is rapid in onset and may lead to death
- Anaphylaxis usually presents with skin symptoms such as urticaria and angioedema together with the involvement of other organs such as the respiratory, cardiovascular or digestive system

### Dissemination

- National and international congresses: SEaic (2009), WAC (2010), SEICAP (2010), SEAS (2010), AAAIC (2010), GAILL (2011) and SOSA (2012)
- Publication in Medicina Clínica 2011 (general medical journal in Spanish)
- Available at <http://portal.guiasalud.es>, [www.seaic.org](http://www.seaic.org), [www.seicap.es](http://www.seicap.es), [www.seup.org](http://www.seup.org), [www.aeped.es](http://www.aeped.es), [www.scaic.cat](http://www.scaic.cat)

### Future

- Invitation to participate in the three Spanish GP scientific societies: semFYC, Semergen and SEMG (2012)
- Revision of guideline (2012)
- Publish update of guideline (2013)
- To study the implementation/impact assessment of the guideline
- To perform local surveys
- To evaluate: number of downloads and auto-injector prescriptions/habitants

### Key message

GALAXY is a useful tool for physicians involved in diagnosis and treatment of anaphylaxis. The main beneficiaries will be patients suffering from this severe allergic reaction.

