Diphenhydramine

(Benadryl)

McHenry Western Lake County
EMS
Objectives

- During this session we will discuss:
- Class
- Actions
- Indications
- Contraindications
- Dosing/Routes
- How supplied
- Precautions
- Side effects
Class:

- Antihistamine
- $H_1$ receptor antagonist
**H₁ receptor antagonist**

- Drugs that selectively bind to but do not activate histamine H1 receptors, thereby blocking the actions of endogenous histamine.
Actions:

• H1 Histamine blocker
• Decreases allergic response by blocking histamine
  – Central nervous system depressant
  – Anticholinergic
  – Blocks effects of histamine including
    • vasodilation
    • increased GI tract secretions
    • increased heart rate
    • hypotension
  – Relieves symptoms associated with allergic reactions
Indications:

- Allergic reactions/anaphylaxis
- Per Medical Control: Dystonic reactions due to phenothiazines - (Cymbalta) Antidepressant
Acute dystonic reaction

• An acute dystonic reaction consists of sustained, often painful muscular spasms, producing twisting abnormal postures.
Dosing/Routes:

- 25-50 mg deep IM or slow IVP

- Peds: 1mg/kg (max 50mg) slow IVP/IO over 2-3 minutes; if no IV/IO give IM.
How supplied:

- 50mg in 2 ml preload
Contraindications:

- Use with caution on:
- Alcohol intoxication
- Drug intoxication
- Asthma
- Nursing mothers
Precautions:

- Renal Disease
- Cardiac Disease
- Hypertension
- Seizures
Side effects/adverse reactions:

- CNS: Dizziness, drowsiness, blurred vision, ataxia (poor gate)
- EENT: Dry mouth, thickened bronchial secretions.
- Increased pulse
- Decreased B/P

Ref: MWLCEMS Protocol and 2000 Mosby’s Nursing Drug Reference Book
Case Study

• You are called to a Wedding Reception where a 24 y/o female is having an allergic reaction to the Salad Dressing she has eaten.
• She is able to tell you that she has an allergy to shell fish, but did not realize that the dressing may contain that.
• She is in moderate distress and has giver herself her Epi Pen.
Case Study

- She still has wheezing, with some dyspnea, coughing and very flushed skin.
- The correct dose of Benadryl would be?
Answer

- 50mg IVP
- If no IV, give IM
• What other medication would be given if the patient continues to have wheezing in all fields.
Answer

• Albuterol 2.5 mg and Atrovent 0.5 mg via HHN or Mask.