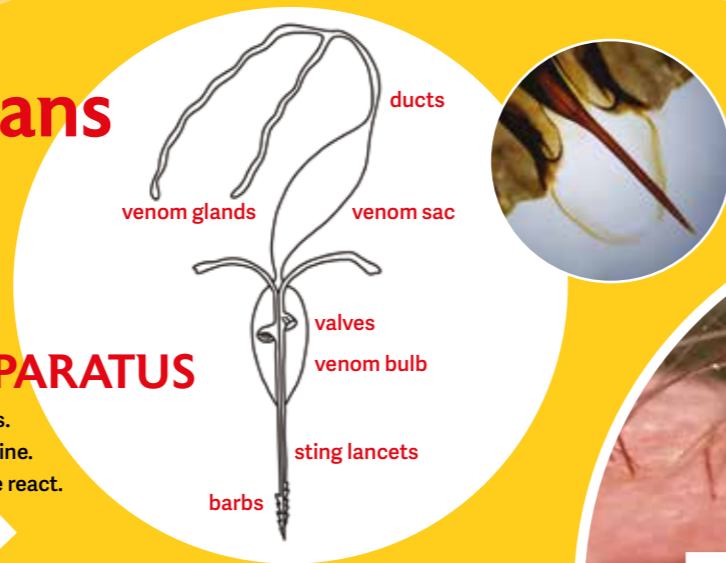


Bee stings, reactions and plans

Dr Julia Pigott, a beekeeper in Cumbria and a former GP



VENOM APPARATUS

Venom contains many chemicals.
A bee sting gives us a tiny dose of histamine.
Our immune cells ramp up the dose when we react.



THE STING

Venom contains many chemicals
A bee sting gives us a tiny dose of histamine
Our immune cells ramp up the dose when we react



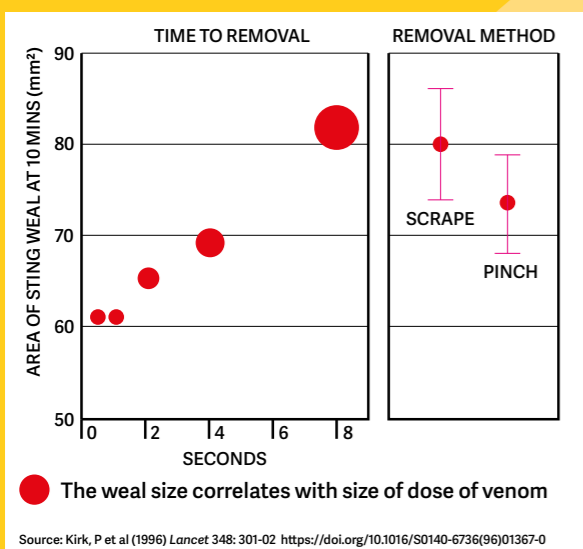
AVOIDANCE ACTION

BKA Apiary Accident Plan

- Associations should have a generic accident plan for all sorts of incidents
- Practise accident plan at winter meetings or early in the season at an apiary
- Nominate a person to take charge in an incident
- Encourage members to have an up-to-date first-aid app on their smartphone
- Bee stings are a special risk:** in removing our veils we risk facial stinging – groups need to think through how they will manage this special problem
- Plan to have protection for parademics who may need to approach following an incident

- Keep calm bees
- Requeen defensive colonies
- Always keep a lit smoker to mask pheromones in an emergency
- Always wear protective clothing
- Handle bees gently
- Move slowly

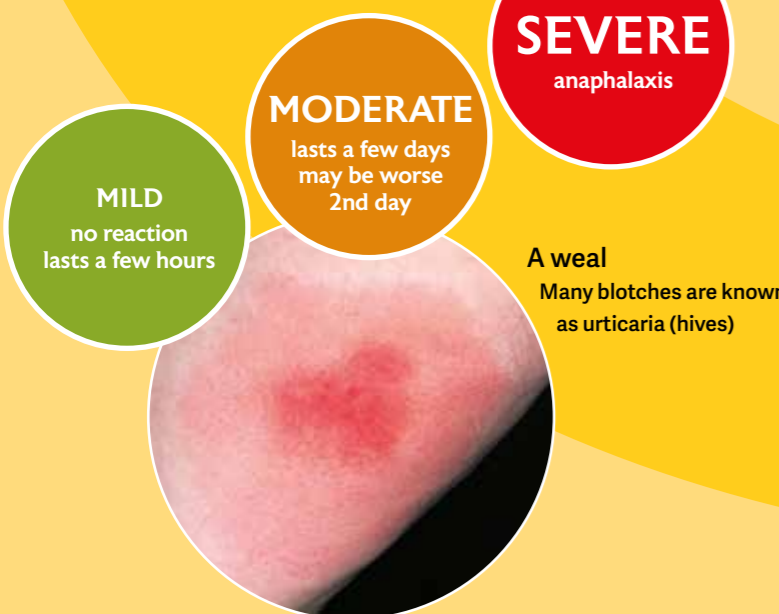
REMOVE STING QUICKLY



Pinch or scrape (it doesn't matter which) to remove sting rapidly to stop more venom being injected

The quicker you remove the sting, the less venom enters your system – and therefore the smaller the weal

REACTION TYPES



Signs of anaphylaxis

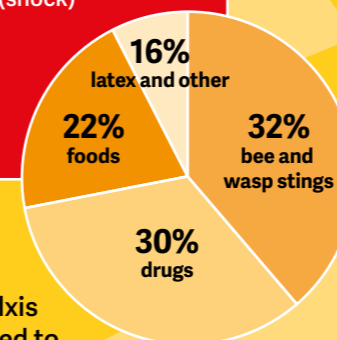
Speed of onset of symptoms predicts severity of reaction. Symptoms appearing in less than 13 mins is alarming and requires immediate action

- Erythema (skin redness)
- Itching
- Urticaria (skin blotches anywhere on body)
- Angio-oedema (soft tissue swelling, eg lips)
- Throat/neck swelling – breathing difficulty
- Asthma – breathing difficulty, wheezing
- Rhinitis (watering eyes/nose)
- Conjunctivitis
- Itching palate and ears
- Nausea, vomiting, stomach pain, diarrhoea
- Palpitations, fast pounding heart
- Sense of impending doom
- Fainting, light-headedness
- Collapse/loss of consciousness
- Rapid onset, terror

ANAPHYLAXIS IS RARE BUT IMPORTANT TO RECOGNISE

Life-threatening features

- Wheeze (like asthma, lungs constricted)
- Stidor (like croup, larynx constricted)
- Low blood pressure (shock)
- Faint
- Confused
- Collapse



About one third of reported anaphylaxis incidents are attributed to bee and wasp stings

Anaphylaxis from all causes is increasing in the UK
Hospital admissions have increased from 1 to 7 cases per 100,000 population per year 1992–2012

Suspect anaphylaxis?

If symptoms appear, call 999. DO NOT DELAY!

- If no mobile signal, call 112 (to try other networks)
- Give your location by What3Words (what3words.com)
- Average time to onset 13 minutes, in 90% of cases onset is within 30 minutes
- Be familiar with first-aid procedure
- Have an up-to-date first-aid app on your smartphone – refer to it and follow the instructions
- Follow standard first-aid pathway
- If person is in shock and conscious, lie them down and raise legs to increase blood pressure

NB: Adrenaline pens are available on prescription only to named individuals