

# Structured education program beneficial for anaphylaxis

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Photo courtesy: epipen.com

(HealthDay)—A structured education intervention improves knowledge and emergency management for patients at risk for anaphylaxis and their caregivers, according to a study published online Nov. 19 in *Allergy*.

Knut Brockow, M.D., from Technische Universität München in Germany, and colleagues conducted a multicenter randomized trial involving 95 [caregivers](#) of affected children and 98 patients with previous episodes of [anaphylaxis](#). Participants were randomized to an [intervention group](#), which received two three-hour schooling modules of group education, and a control group that received standard autoinjector training only. The main outcome measures were knowledge of anaphylaxis and emergency management competence in a validated training anaphylaxis situation.

The researchers observed a significant improvement of knowledge from baseline to three months with the intervention versus control (P emergency management competence after intervention (P

"Structured patient education programs may be beneficial in the management of anaphylaxis by increasing patients' empowerment to prevent and treat the disease," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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