

Food Allergy Families Show Comfortability with Being Responsible for Preparing and Administering Correct Oral Immunotherapy Dose Amounts at Home



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Introduction

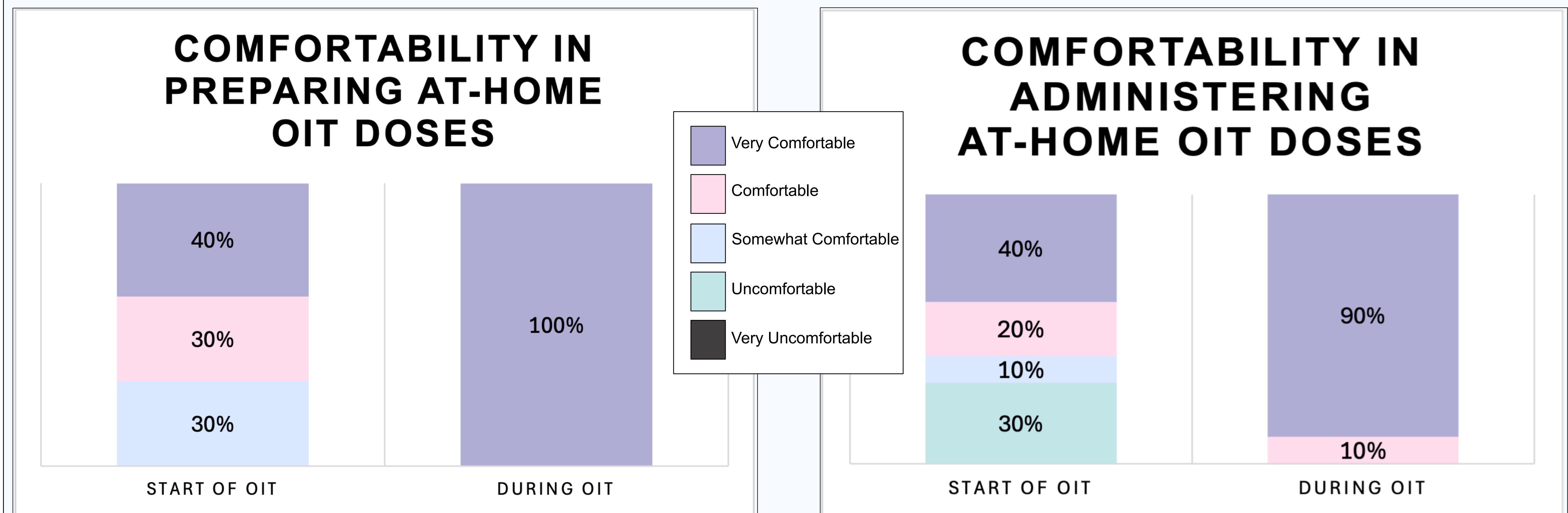
- Oral immunotherapy (OIT) is a treatment option for IgE-mediated food allergies. By incorporating milligram amounts of the allergen into the patient’s diet daily, the immune system develops tolerance to the allergenic food.
- Due to risk of reaction, OIT requires stringent safety parameters and protocols.
- While some practices provide pre-measured doses or the pharmacologic Palforzia, families at the Hoyt Institute of Food Allergy (Institute) are taught to prepare and administer their doses using self-purchased food products according to Institute protocols.
- We sought to determine the levels of comfort of food allergy families undergoing OIT regarding the administration and preparation of correct OIT dose-amounts at home, from their initial home dose to their current dose and how much they value being able to self-access OIT dosing ingredients.

Methods

We surveyed the parents of food allergy children who are currently undergoing OIT at the Institute. Survey characteristics included:

- Electronically accessible survey through the patient’s online HIPAA-secure Institute account
- Open-ended questions and ranking questions
- Optional participation

Results



All families expressed the following:



Respondent Comments:

“We’ve been very happy to prepare and dose our OIT at home.”
“I feel all resources have been provided and the allergy care team is extremely accessible at all times for all needs.”

Conclusion

- ✓ Most families are **comfortable preparing and administering** their child’s OIT dose at home, with comfort levels increasing from starting OIT to the current dose at time of survey.
- ✓ With appropriate **accessibility** of a food allergy care team, stringent and clear safety **guidelines**, and the **convenience** of self-access of OIT dose ingredients, OIT home preparation and administration of correct OIT doses is a reasonable option for families and should be considered as options at practices offering OIT across the country.