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

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, at the Hoyt Institute of Food Allergy (Institute), families are taught to prepare and administer their doses using self-purchased food products according to Institute protocols. This method creates an aspect of family involvement in preparing and measuring doses and convenience in acquiring doses. 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 important it is to self-access OIT dosing ingredients.

We surveyed the parents of food allergy children who are currently undergoing OIT at the Institute. The survey was electronically accessible through the patient's online HIPAA-secure Institute account. The questionnaire consisted of open-ended questions and ranking questions. Participation was optional.

The parents of 17 children were invited to participate; 10 completed the survey. In this cohort, start dates ranged from 2 months ago to 2.5 years ago. At starting dose, most participants were somewhat comfortable or comfortable preparing their child's OIT doses at home; at current dose, 100% of participants are very comfortable preparing their child's OIT doses at home. At starting doses, 40% were very comfortable while 30% were uncomfortable administering their child's OIT dose at home; however, 90% of all participants are very comfortable in administering their child's current OIT dose at home. 100% of respondents agreed that it is very important to self-access their child's OIT dosing ingredient, such as from a grocery store, as opposed to obtaining it from a doctor's office or pharmacy.

This survey showed that most families are comfortable preparing and administering their child's OIT dose at home. A likely key factor is the easy accessibility of their child's food allergy care team. Comfort levels increased from starting OIT to the current dose at time of survey. This indicates that OIT home preparation and administration of correct OIT doses is a reasonable option for families and the convenience of self-access of OIT dose ingredients is very important. Therefore, these factors should be considered as options at practices offering OIT across the country.