

10 Things We Have Learnt from our Patients

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Beaumont Hospital Immunology Service

- Clinical service - Allergy, Immunodeficiency & autoimmune disease
- Out patients & adult day case facilities
- Laboratory Service - includes allergy diagnostics
- National Histocompatibility & Immunogenetics Service for Solid organ Transplantation

Allergy Management

- Accurate diagnosis (Refer for paediatric challenges)
- Aggressive asthma management
- Allergen avoidance advice
- Individual emergency plan & training

- Review at 6 months and then annually
 - Assess if out-growing allergy
 - Emergency plan adequate & well-rehearsed
 - Accidental exposures and management

Aim to Achieve:

- Safety
- Confident management when exposure occurs
 - Quality of life

Lesson 1. Most people do BRILLIANTLY

- Accidental exposure rare in our patients (literature 12-40%)
- <5% have accidental exposure to known allergens
- Majority are minor
- 2 / 200 used adrenaline
- Another 2 had moderate reactions
- Most reactions in people allergic to several foods

Lesson 2. People say strange things

- Urticaria IS NOT always due to an allergy
- Allergic reactions DO NOT get progressively worse
- Just because you have allergic antibody DOES NOT mean you are allergic to something
- If you have a reaction, USE ADRENALINE as per your emergency plan

Allergy vs Sensitisation

Allergy

Have IgE antibodies

Blood test

Skin Prick Test

Will have symptoms
shortly after exposure

Sensitisation

Have IgE antibodies

Blood test

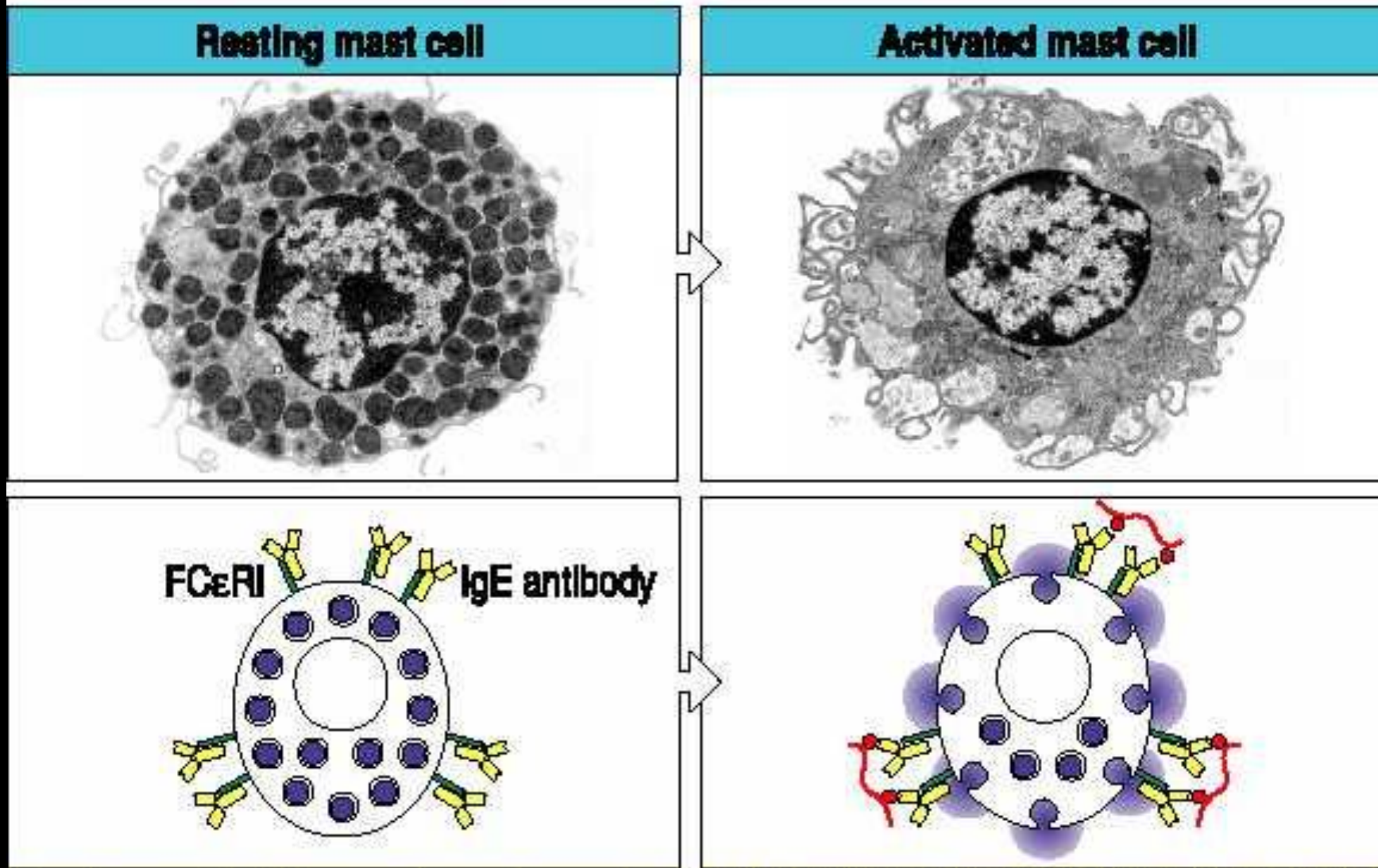
Skin Prick Test

NO symptoms when eat
TOLERANT of the food

Need to educate non-specialists

- Positive specific IgE indicates sensitisation
- History differentiates allergy from sensitisation
- If eating food uneventfully **SHOULD CONTINUE**
- If stop eating food, may lose tolerance

Figure 7.24



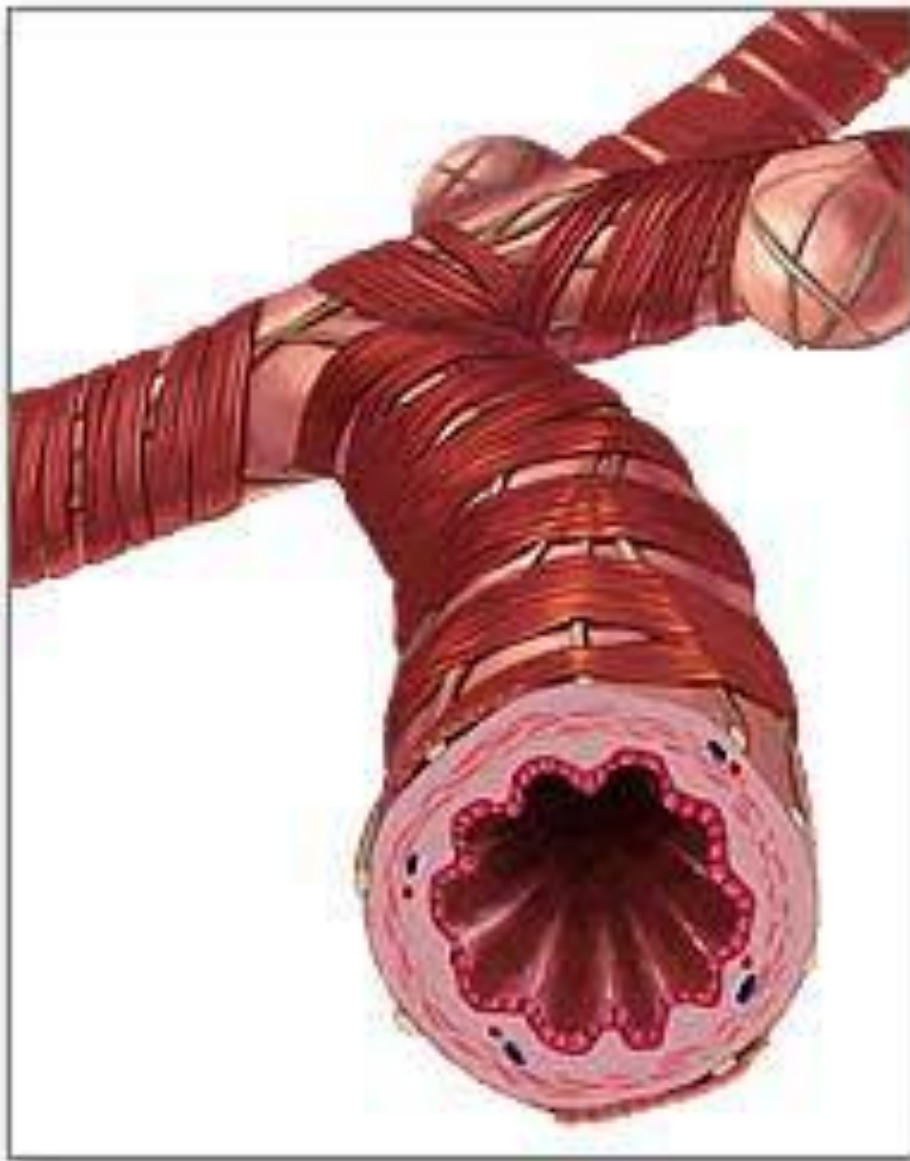
Allergy symptoms within 1 hour of ingestion

Lesson 3 - Asthma, asthma, asthma

- Major risk factor for death from allergy
- Severe asthma common manifestation of food-induced anaphylaxis
- Many atopic people who think they have grown out of their asthma have not!
- With food allergy - aim for 100% lung function

Normal bronchiole

Asthmatic bronchiole



Lesson 4. Its not just peanuts!

- Worldwide common cause severe reactions
- Accidental exposure post-diagnosis reduced
- Most severe reactions over last 2 years:

NSAIDs

Flour mite

Shellfish & Fish

Dairy (unresolved late teens/adults)

Lesson 5 - Allergen Avoidance

- Educate yourself
- Read labels fully
- Cards explaining allergy
- List of foods that your child can AND WILL eat for play dates
- Talk to chefs in restaurants
- If in doubt don't eat
- Pay heed to minor symptoms - itchy mouth etc

Ingredients: Sugar, Cocoa butter, Ground roasted peanuts (10.5%), Whole milk powder, Wheat flour, Cocoa mass, Vegetable fat, Whey powder, Peanut flour, Butterfat, Emulsifier (Soya lecithin), Salt, Flavourings, Raising agent (Sodium bicarbonate), Vanillin, Calcium sulphate. May contain traces of nuts and egg.

 
Store cool and dry

NEW
FOIL
FRESH

Nestlé

KitKat

CHUNKY
PEANUT
BUTTER

Per Bar
Calories
269
13%

of an adult's GDA*

Best Before End



IT'S GOOD TO KNOW™
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Lesson 6 - Allergy in Schools

- No sharing policy essential
- Written emergency plan
- Training of first aiders

- Controversy about food bans
 - False sense of security
 - Lose learning opportunity for allergic & non-allergic children

Lesson 7. You will slip up..... Stay safe

- Need to balance avoidance with quality of life
- No emergency pack - no food
- If unwell while eating or shortly after - NEVER go out/to toilet alone
- Medic Alert or ICE jewelry

Lesson 8 - Individualised emergency plan

- Risk assessment in Allergy Clinic
- Higher risk if:
 - Previous anaphylaxis
 - Anaphylaxis-prone allergen
 - Reacted to trace amounts
 - Asthma - particularly if undertreated
- Plan for common scenarios

Lesson 9. Confidence around plan

- Need to be clear how to use pen if prescribed (Text or Anapen)
- Need to know how else to do
- People who are good at avoidance often really bad at using pen!!
- Get trainer pen - practice regularly
- Know what else to do

Lesson 9 - Continued.

Treatment of anaphylaxis is adrenaline

- Use as advised in the allergy clinic
 - Some patients on exposure
 - Others - Airway, Breathing, Circulation
- Works better given early
- Can repeat the dose
- Attend Emergency department if used

Lesson 10.

Attitudes are caught not taught.

- If you don't read labels, don't expect your child to.
- If you don't talk to the chef/senior waiter, don't expect your child to.
- Teach your child to cook (regularly!)

Summary

- Most people manage allergies BRILLIANTLY
- Asthma management really important
- Eventually everyone slips up - need to be confident in your emergency plan
- Learn from mistakes