PP053

Introducing egg containing foods step by step

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Aims: The Irish Food Allergy Network (IFAN) created the IFAN egg ladder, along which increasingly lightly cooked egg can be introduced into the diet of egg allergic children. Our hospital allergy clinic has been providing, step by step instructions and recipes to parents of egg allergic children, considered appropriate for home introduction. The purpose of this study was to retrospectively examine the success and safety of this practice.

Methods: 139 children, who commenced home introduction of baked egg were identified as suitable candidates. A retrospective chart review was performed and a questionnaire was completed by parents via telephone interview.

Results: 75 cases were included in the study. Only 5 had not introduced any form of egg; 4 of these due to refusal by the child. Almost 50% deviated from provided instructions. 41(54.7%) reported a reaction during home challenge. 35(46.7%) had immediate reactions with n=17 given an anti-histamine, and 1 patient seen by a GP. 6 reported worsening eczema. Only 1 subject had a severe reaction. 60% of patients introduced egg in forms less baked than cake or muffin, such as pancake, egg pasta, egg noodle and hardboiled egg. 54.7% stated that finding time to bake goods was a barrier to introduction. More regular ingestion of egg was associated with greater success. The number of egg products in the diet was directly associated with increased peace of mind socialising, reduced worry and increased meal options.

Discussion: Home introduction of egg containing products at an earlier age may be important. The process is associated with allergic reactions, primarily mild. Increased egg introduction appears to improve aspects of QoL. Simplifying challenges to include bought produce needs to be considered.

Conclusion: Home introduction of egg containing food in a step by step manner is achievable and allows for provision of options for children, more appealing to parents than cake.