

IMMUNOTHERAPY IN EGG ALLERGY

WORKSHOP

EAACI ALLERGY SCHOOL ON IT IN CHILDREN

Alberto Alvarez-Perea, Carmen Riggioni

Definitions:

- Allergen immunotherapy
 - Repeated allergen exposure at regular intervals to modulate immune response to reduce symptoms and the need for medication for clinical allergies.
- Desensitization
 - The ability to safely consume foods containing the culprit allergen while on allergen immunotherapy. This clinical response is dependent on ongoing allergen exposure. If the administration of the allergen is discontinued; the previous level of clinical reactivity may return.
- Tolerance or sustained unresponsiveness
 - Post-discontinuation effectiveness. The ability to safely consume a normal serving of food containing the trigger allergen despite a period of absence of exposure.

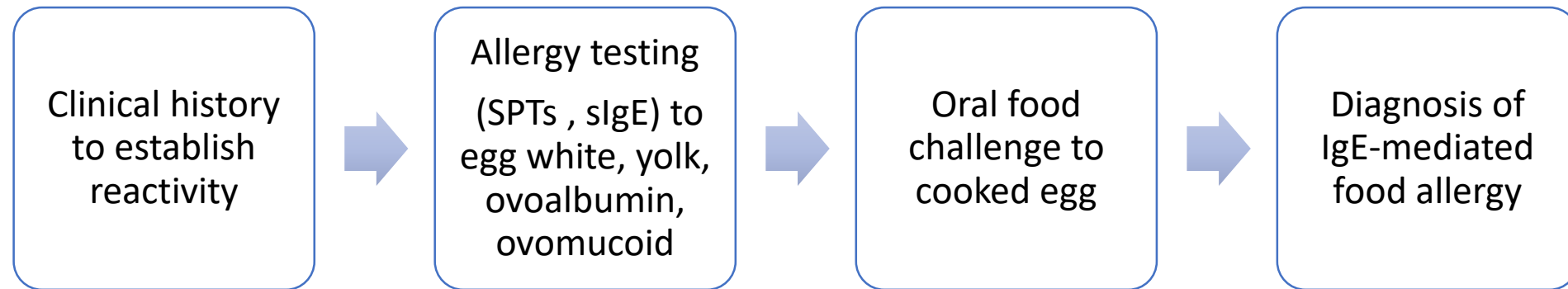
EAAACI Recommendations on efficacy of OIT in children with hen's egg allergy

- (IB Moderate recommendation)
 - OIT can be recommended as a treatment option to increase the threshold of reaction while on OIT in children with persistent hen's egg allergy, from around 4 - 5 years of age.
 - Desensitization is achieved in approximately 75% of patients.
 - However, studies are all small with some heterogeneity in results and risk of adverse reactions needs to be considered.
- (IB Strong recommendation)
 - A recommendation cannot currently be made for OIT as a treatment option to achieve post-discontinuation effectiveness in children with persistent hen's egg allergy
 - After 4 years of OIT 50% of subjects achieved sustained unresponsiveness 4-6 weeks after stopping OIT.

STEPS BEFORE INITIATING FA-AIT

□STEP 1:

CONFIRM PERSISTENT, SYSTEMIC IGE- MEDIATED FA.



□STEP 2:

NATURAL HISTORY OF ALLERGY

- Consider the likelihood of spontaneous resolution of the egg allergy. Remember benefit over risk every time.

STEPS BEFORE INITIATING FA-AIT

☐STEP 3:

APPROPRIATE SETTING

- Make sure your center has the expertise and facilities to safely deliver this therapy. Use checklists for equipment and personnel.

☐STEP 4:

EDUCATION

- Interview and explain to patients and their families the importance of motivation and commitment

ALWAYS PROVIDE:

- ✓ Individualized schedule, clearly written in simple non-medical language and a copy for his/her caregiver(s), and their family doctor.
- ✓ Clear identification of food allergen to be administered during FA-AIT.
- ✓ Clear explanation that FA-AIT escalation dose(s) has to be administered in clinical specialized setting under strict medical supervision.
- ✓ Emergency kit with copy of emergency action plan and adrenaline auto-injector.

STEPS BEFORE INITIATING FA-AIT

□ STEP 5

RULE OUT CONTRAINDICATIONS

Absolute

Poor adherence

Uncontrolled or severe asthma

Active malignant neoplasia(s)

Active systemic, autoimmune disorders

Active EoE or GI eosinophilic disorders

Initiation during pregnancy

Relative

Severe systemic illness or medical conditions

Autoimmune disorders in remission

Uncontrolled active atopic dermatitis

Chronic urticaria

ACE inhibitors, Beta-blockers

Mastocytosis

Recommendations

- ✓ Take dose daily
- ✓ Do not take dose on an empty stomach
- ✓ Do not go to the bed in the hour following a dose
- ✓ Do not do exercise in the 2-3 hours following a dose
- ✓ Reduce or withhold the dose during infections, asthma exacerbations, gastrointestinal diseases or menses.