**FAST 2021 Annual Meeting**

**Dallas, TX: June 18– 19, 2021**

**Friday, June 18 – Introductory OIT**

1:00 - Registration

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| 1:30 | Welcome |  | Speaker(s) |
| 1:40 | Patient selection - Time out – OIT is not for everyone | Testing, oral food challenges, patient and family dynamics, OIT intro, goals, FAQs, consent discussion focus on motivation, timing of starting, stopping with early rxn and resuming later, multi-food converting to single if rxn, varying multi-food goals | Jones |
| 2:10 | Office preparation | Anaphylaxis readiness, staffing, scheduling, space considerations | Mayer |
| 2:30 | Protocols | Treatment goals, cross contamination, bite proof, free eating, routine dosing intervals and dosing increments during escalation | NEFAC – Jason Lee |
| 2:50 | Food sources | Low dose and higher dose materials, food prep, color coding solutions/capsules, masking, alternatives, dealing with taste aversion | Deanna Pence, RRT |
| 3:10 | Panel Q&A |  | Jones, Mayer, Lee, Pence |
| 3:30 | Break |  |  |
| 3:50 | Office activities | Day 1, record keeping (office/phone/email), updosing, monitoring, supervision, handouts for your practice | Paul Detjen |
| 4:10 | Home activities | Dosing and activity, home dosing safety rules, illness and missed doses, uncommon reaction risks (menses, fatigue, sleep deprivation, alcohol) | Sakina B |
| 4:30 | Managing reactions | Oral rxn, minor intermittent rxn, triggered rxn, delayed rxn, dose adjustments, Epi use, premedications, probiotics | Fitzhugh |
| 4:50 | Panel Q&A |  | Detjen, Bajowala, Fitzhugh |
| 5:10 | Wrap up |  |  |
| 6:00 | Cocktails |  |  |
| 7:00 | Networking dinner |  |  |

**Saturday, June 19– Advances in Food OIT**

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| 7:30 | Registration | Breakfast in restaurant (included with room) |  |
| 7:50 | Welcome |  |  |
| 8:00 | Recipes for success: OIT foods at home | Liquids, capsules, serial solid (mashed potato); conversion tables to facilitate switching food source, recording doses in both protein amounts and total food measures, cooking, baking or other denaturants of OIT foods | Jones |
| 8:20 | Infants and toddlers | JACI In Pract 3/21, criteria for short term food allergies (e.g., milk, egg or wheat) vs long term ones (nuts and seeds), same protocol, target and maintenance doses? Reaction recognition and treatment in infants and toddlers | Ly |
| 8:40 | GI adverse reactions including ELORS management | ELORS – predictors, evaluation, drug treatment, dose adjustment, Is EoE a relative, absolute or no contraindication to OIT if it was associated with non-OIT food. What about an OIT food? | Wasserman, |
| 9:00 | Multi-food OIT | How many foods is too many? Are there foods that shouldn’t be done simultaneously? Any role for pecan/pistachio?, What about beans, lentils and other legumes (try for cross-reactivity or do multiples) This should include some “how to do it”. Day one dose adjustment. Customization based on taste or problems. | Jen Fergeson |
| 9:20 | Preliminary data from Registry | Single vs mult-food cases, epi reactions, rxn triggers, Maint. Rxn (dosing interval, sIgE) | Windom – do you want to collect simple data from a few high enrollers? |
| 9:40 | Panel Q&A |  | Previous speakers |
| 10:00 | Break |  |  |
| 10:20 | Early introduction of allergenic foods | Proprietary products, lit review on value of early intro peanut/egg vs others, eliciting dose challenges | Sugerman |
| 10:40 | A gentler approach | SLIT vs. slow and low dose OIT, Ebisawa low dose, families not ready for OIT, early OIT reactors | Chacko |
| 11:00 | OIT with uncommon foods or biologics | Fish and shellfish – is there a dominant food with cross protection?, role of biologics | John James |
| 11:20 | 20 OIT Mistakes to Avoid | Sage words from Jim B. | Baker |
| 11:40 | Panel Q&A |  | Not a panel – have a moderator and morning speakers can stand up and respond |
| 12:00 | Lunch |  |  |
| 12:30 | Long term management | Value in annual lab/skin testing, annual high dose OFC, reduced dose frequency/activity rules, sustained unresponsiveness | Windom |
| 12:50 | Trouble Shooting Panel: Reactions in buildup and maintenance | Include a brief presentation from Paul Detjen’s PA on maintenance reactions | Mayer, Fitzhugh, Sakina |
| 1:10 | Using BAT to avoid challenges and monitor OIT |  | Diane LeDuc or Oral Alpen |
| 1:30 | Parent & child food allergy and OIT anxiety |  | Victoria Nguyen, PhD or M. Yassin |
| 1:50 | Quality of life before, during and after OIT | Discussion of available tools | NEFAC |
| 2:10 | Panel Q&A |  | Windom, LeDuc, Nguyen, NEFAC |
| 2:30 | Closing Q&A |  | Not a panel – have a moderator and speakers can stand up and respond |
| 3:00 | Dismiss | Catch > 4:30 pm flights |  |