

OIT BASICS

DAY 1, RECORD KEEPING, UPDOSING, MONITORING,
SUPERVISION, HANDOUTS FOR YOUR OFFICE

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AN APPROACH TO THE OFFICE-BASED PRACTICE OF FOOD ORAL
IMMUNOTHERAPY J ALLERGY CLIN IMMUNOL PRACT 2021.02.046

DAY I

- A long anticipated and potentially life-changing day for patients and families
- They are often very nervous and very excited - Our goal is a quiet and uneventful day
- For us, depends on the work done before the day: and the Pre-Day I Visit
 - ST visits, phone conversations re slgE labs, OFCs
 - All are opportunities for discussion of OIT mechanics and risks/benefits
 - Getting to know the patient, they are becoming comfortable with staff, building trust
- Pre-OIT consult may be the best opportunity to review what they are to expect
- And what is expected of them as your partners

PRE-DAY I

- Scheduled 2 weeks before Day I - parents, grandparents, caregivers
- Clinical: history, LEAP, asthma control spiro FeNO, rhinitis control, CIU, start probiotics Vit D
- OIT Handout: Escalation phase, Maintenance, Free Eating, SU, review Goals, ELORS
- Day I: first dose, target dose, what to bring - food games, who is coming - no sibs
- AAP: zyrtec, epi - epi technique – patients and families are our First Responders
- On Call process: what, when, how long after dose, treatment, did it work, ED?
- Reaction risk factors, safe rules for dosing: see Tables IV and V
- Travel (TSA letter, airplane boarding, camp, vacations) QoL survey, list of counselors

DAY I

- Doses prepared day before by clinical staff - double check
- Spacious area: eating, games, videos, virtual classes
- Consent forms and clear discussion of potential outcomes, risks and benefits
- Final questions, VS physical exam, spiro/peak flow, first dose
- Dose every 20-30 minutes, snacking throughout
- Have patient/parent administer some doses
- Perioral reactions especially with AD or in winter in Chicago
- Transient oral pruritis at time of dosing may not be dose limiting
- Observe 1 hour after final dose

RECORD KEEPING

- Separate paper chart
- Protocols for foods treating
- Updose visit templates
- Problem List updates for team
 - Day I
 - Reactions, ELORS
 - Maintenance

| | | | | | | | | | | | | |
|----|---|----------|--------|-----------|-------|---|------------|---------|---|----------|----------|------------|
| 1 | A | .0025/ml | 2 ml | | 0.002 | g | 5g/2Tbsp | | g | 6g/2Tbsp | 1gm each | tsp |
| 2 | | | 4 ml | | 0.004 | | .75g / tsp | | | 1g / tsp | | unflavored |
| 3 | B | .025/ml | 1 ml | | 0.01 | | | | | | | |
| 4 | | | 2 ml | | 0.02 | | | | | | | |
| 5 | | | 4 ml | | 0.04 | | | | | | | |
| 6 | C | .25/ml | 1 ml | | 0.1 | | | | | | | |
| 7 | | | 2 ml | | 0.2 | | | | | | | |
| 8 | | | 4 ml | | 0.4 | | | 0.5 | | | | |
| 9 | D | 2.5/ml | 1 ml | | 1 | | | 1 | | | | |
| 10 | | | 2 ml | | 2 | | | 1.5 | | | | |
| 11 | | | 4 ml | | 4 | | | 3 | | | | |
| 12 | | | 6 ml | | 6 | | | 6 | | | | |
| 13 | | | 8 ml | | 8 | | | | | | | |
| 14 | E | 25/ml | 1 ml | | 10 | | | | | | | |
| 15 | | | 1.5 ml | | 15 | | | 12 | | | | |
| 16 | | | 2 ml | Peanuts g | 20 | | PB2 85 | 20 | | PB2 90 | Bamba | PN Butter |
| 17 | | | | 0.1 g | 26 | | .06 g | 40 | | .05 g | 0.2 | |
| 18 | | | | 0.2 | 53 | | 0.12 | 80 | | .11 g | 0.4 | |
| 19 | | | | 0.3 | 79 | | 0.19 | 120 | | .17 g | 0.7 | |
| 20 | | | | 0.4 | 105 | | 0.25 | 160 | | .23 g | 0.9 | |
| 21 | | | | 0.6 | 158 | | 0.38 | 200 | | .34 g | 1.3 | |
| 22 | | | | 0.95 | 250 | | 0.6 | 240 | | .54 g | 2.1 | 1/4 tsp |
| 23 | | | | 1.42 | 375 | | 0.9 | 300 | | .81 g | 3.2 | 3/8 tsp |
| 24 | | | | 1.9 | 500 | | 1.2 | 3/4 tsp | | 1.08 g | 1/2 tsp | 1/2 tsp |

UPDOSING

- Scheduled times, same every week, reminder call or text
- Nurses double check correct dose in series
- Template, pre-printed checklist:
 - Dosing for minimum 7 days
 - Interval reaction history, missed doses, timing of last dose, stomach aches, nausea, emesis
 - Asthma allergies eczema controlled, peak flow
 - No active illnesses, no cough, no oral lesions
 - Emergency medicines readily available, food in stomach
 - Physical exam VS HEENT lungs skin, peak flow
 - 30-60 minutes: 35 minutes

MONITORING / SUPERVISION

- Team approach
- Available 24/7
- Document any interaction
- RNs check in next day
- MD PA NP sign off
- Reactions: biphasic risk and For cause vs Not for cause.

HANDOUTS FOR YOUR OFFICE

- Initial consult: OIT information sheet, Do's and Don'ts, AAP, Early Intro
- Next visits OFC: Early Intro, OIT FAQ
- School and Camps: Information sheet, PE
- Travel: TSA letter
- Taste aversion sheet
- Moms and peers who have offered to be contacted
- Food allergy Counselors
- Pre Day I Visit