

FAST 2023 Annual Meeting

Dallas, TX : June 23-24, 2023

AGENDA

Friday – 1:00 pm – Registration

Beginner Track

1:30	Welcome		Speakers
1:40	Patient selection	<ul style="list-style-type: none">• Diagnosis - history• Co-morbidities• Age• Adherence	Paul Detjen, MD
2:00	Goals of food allergy treatment	<ul style="list-style-type: none">• All foods not created equal• Cross contamination definition• Bite proofing• Free eating• Discuss early and often	Scott Ahlstrom, PA-C Lauren Detjen FNP-BC
2:20	Best practices for OIT – Office space and staffing	<ul style="list-style-type: none">• Designing an OIT office• Adjusting an office for OIT• Video examples• Food preparation space• Observations post dose• Accommodating OFC's• Scheduling and coordination• Food preparation for OIT and OFC• Updosing• Anaphylaxis readiness: list of supplies• Anaphylaxis drills• Importance of an OIT team• Who will be the OIT champion?• Role of APP (NP/PA) in an OIT program• Call Coverage – 24/7	Pam McNallan, PA-C
2:50	Q&A	Panel of previous speakers + Chad Mayer, MD	
3:10	Break		

Experienced Track

1:30	Welcome		Speakers
1:40	Unusual foods	<ul style="list-style-type: none"> • Fish • Shellfish • Spices • Seeds • Include discussion of cost/benefit ratio for both the patient and the practice 	Douglas Jones, MD
2:00	Multi-food, multi-nut	<ul style="list-style-type: none"> • How many foods simultaneously? • Adjustments to initial dose for multi-food • Adjustments to target dose for multi-food • Different goals for different foods 	Richard Wasserman, MD
2:20	Difficult cases panel	<ul style="list-style-type: none"> • To treat or not to treat • EoE • High Anxiety • Psychological problems under treatment • Low risk patient OFC or just avoid • OITAdvisor case of peanut IgE increasing after OFC reaction at the top dose 	Mohamed Yassin, MD James Baker, MD Hugh Windom, MD Douglas Jones, MD Paul Detjen, MD Richard Wasserman, MD-moderator
2:50	Q&A	<ul style="list-style-type: none"> • Panel of Previous Speakers 	
3:10	Break		

Joint Session

			Speakers
3:30	OIT Foods	<ul style="list-style-type: none"> • Sources • Preparation • Low and high doses • Liquids, capsules, semi solid (mashed potato) • Taste aversion tricks 	Deanna Pence, RRT Richard Wasserman, MD
3:50	Cross-reactive foods	<ul style="list-style-type: none"> • Nuts • Legumes • Fish • Shellfish 	David Fitzhugh, MD
4:05	SLIT Data	<ul style="list-style-type: none"> • Peanut • Other foods • Safety • Efficacy 	Hugh Windom, MD
4:25	Q&A	<ul style="list-style-type: none"> • Panel of previous speakers 	

4:45	Pre Day One Panel	<ul style="list-style-type: none"> • Baseline lab • PFT? • Explaining OIT • Elements of Consent • Involving the pediatric patient 	<p>Sakina Bajowala, MD Pam McNallan, PA Deanna Pence, RRT Danny Soteres, MD Atul Shah, MD</p> <p>Moderator-Richard Wasserman, MD</p>
5:15	Panel: Escalation protocols	<ul style="list-style-type: none"> • Day one options – OFC vs fixed schedule • Escalation dosing increments and intervals • Low and slow (Blumchen) • Prolonged low dose (Ebisawa) • Spoons • 2/3 in office, 1/3 up week later at home • Small up dosing at home/telemed • Weekly vs biweekly 	<p>Thomas Chacko, MD James Baker, MD Richard Wasserman, MD Hugh Windom, MD</p> <p>Moderator – Douglas Jones, MD</p>
5:45	Adjourn		
6:00	Cocktails	Dinner	Sleep

Saturday – 7:00 am - Breakfast

7:00	Registration		Speakers
7:30	Welcome		
7:40	SLIT: Who and Why	<ul style="list-style-type: none"> • OIT Salvage • Highly sensitive patient • Very anxious patient/parent • Unable to make frequent clinic visits 	Sakina Bajowala, MD
8:00	SLIT: How	<ul style="list-style-type: none"> • Extract based SLIT • Food based SLIT • Escalation protocols • Transition to OIT 	Hugh Windom, MD, Sakina Bajowala, MD
8:20	PRO/CON – Food ladders are safe and effective	<ul style="list-style-type: none"> • Tom is Pro • Chad is Con 	Chad Mayer, DO vs Tom Chacko, MD
8:40	Q&A	Panel of previous speakers	
9:00	Panel: Preventing and managing reactions	<ul style="list-style-type: none"> • Safety rules handout • Sickness, dental procedures, menses • Activity limitations • Travel, camp • Maintaining asthma control • Teens dosing alone 	<p>Sakina Bajowala, MD Paul Detjen, MD Mohamed Yassin, MD Jean Ly, MD Mike Manning, MD</p> <p>Moderator-Richard Wasserman, MD</p>

		<ul style="list-style-type: none"> • Compliance • Post-reaction dose management 	
9:30	Panel: Maintenance protocols	<ul style="list-style-type: none"> • Bite proof • Reduce dosing frequency based on challenges, slgE changes • Other models of reduced frequency • Aimmune/Houston data • Free eating rules • Tips and tricks for food aversion • Transition to dietary incorporation of the OIT food 	<p>Warner Carr, MD Rubina Inamdar, MD Hugh Windom, MD David Fitzhugh, MD Allison Freeman, MD</p> <p>Moderator-Richard Wasserman</p>
10:00	Q&A	<ul style="list-style-type: none"> • Reaction prevention and maintenance 	
10:20	Break		
10:40	Panel - GI problems during OIT	<ul style="list-style-type: none"> • Oral itch • Gagging • Vomiting • ELORS • EoE • Abdominal pain • Diarrhea 	<p>Michael Manning, MD David Fitzhugh, MD Daniel Soteres, MD Chad Mayer, MD Jean Ly, MD</p> <p>Moderator – Richard Wasserman, MD</p>
11:10	Laboratory monitoring for outcome prediction	<ul style="list-style-type: none"> • Pre-procedure testing • Monitoring tests • Frequency of testing • Response to test results • Role of BAT • IgG and IgG4 testing • Epitope testing • Costs of testing • Component resolved testing • Epitope testing • BAT 	Atul Shah, MD
11:30	Panel - Sustained unresponsiveness	<ul style="list-style-type: none"> • Criteria for challenge • Who should/could be challenged • Post-challenge instructions • Dosing limitations • Activity restrictions • Remission • Is sustained unresponsiveness relevant? 	<p>Douglas Jones, MD Robert Sugerman, MD Hugh Windom, MD Paul Detjen, MD Allison Freeman, MD</p> <p>Moderator-Richard Wasserman, MD</p>

12:00	Q&A	Panel of previous speakers	
12:20	Lunch		
1:00	The Business of Food Allergy Treatment - Panel	<ul style="list-style-type: none"> • Billing and coding • Cash • Marketing • Managing demand – waiting lists 	Atul Shah, MD James Baker, MD Chad Mayer, MD David Fitzhugh, MD Rubina Inamdar, MD Moderator-Richard Wasserman
1:30	Psychological problems during OIT	<ul style="list-style-type: none"> • Food aversion • Patient anxiety • Parental anxiety 	Mohamed Yassin, MD
1:50	OIT for infants and toddlers	<ul style="list-style-type: none"> • Diagnosis • Reactions • Dose adjustments – target and maintenance • Which foods 	Jean Ly, MD
2:10	PRO/CON – OIT should be started early	<ul style="list-style-type: none"> • Nuts and seeds • Milk, egg, wheat • Other foods 	Jim Baker – CON Warner Carr - PRO
2:30	Q&A	<ul style="list-style-type: none"> • Final Questions 	
2:55	Wrap up	Next year's plans	
3:00	Dismiss	Safe Travels	