

OIT Patient Selection

Paul Detjen MD
Kenilworth Medical
Kenilworth, IL

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the slide.

So you're both
allergic? I get
that a lot.

Objectives

Diagnosis

Comorbidities

Age

Adherence

Diagnosis

The 3 most
important things
in medicine...

We have 3
categories...
-allergic
-not allergic
-on the fence

- Diagnosis - 3 ways
 - History, confirmatory ST/IC
 - Components
 - Ratio sIgE/Total IgE - PN TN
 - Allergic by ST/IC
 - OFCs

Comorbidities

Prevention and
management of
reactions

Readiness

- Asthma
- Allergic rhinitis
- Chronic spontaneous urticaria
- GI: EoE, GERD, other

- Anxiety
- Behavioral
- Taste aversion/texture
- Readiness
 - Patient and caregivers/nannies
 - Trial up early/exercise limits
 - Mom's actual readiness too

Age

Tough being a teenager these days

- Age 5
 - < age 5 - communicate
 - “change in demeanor”
 - >age 5 - about 15% less likely to achieve finish line c/w prior
- Teens
 - exploring independence
 - testing limits
 - pre-teens
- Adults - over age 30?

Adherence

This can be
tough to predict
accurately

- Carry emergency medications
- Know Anaphylaxis Action Plan
- Take other maintenance meds
- Morning routine
- Behavioral barriers w ADL
- Level of interest