

Goals of Treatment in Oral Immunotherapy (OIT)

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Objectives

1. All foods are not created equal
2. Goals of OIT
3. Defining cross contamination
4. Free eating considerations
5. Discuss Goals Early and Often

All Foods Not Created Equal

- Single food vs multi-food
- Higher risk foods
- Prioritizing order of desensitization
- Goals can vary for each food

OIT Goals

- Low dose maintenance (cross-contamination, 1g protein)
- Full dose maintenance (2g protein)
- Full dose maintenance with 6g protein challenge for free eating

Defining Cross Contamination

- Palforzia studies suggest 1 peanut (~250mg protein) protective against 95% accidents
- Likely more thorough (“bite proof”) protection at 3 peanut equivalent (~750mg protein)
- General rule of thumb: 1g protein should offer a conservative amount of protection against real-world accidental exposures
 - 1 oz milk
 - ¼ egg
 - 4 cashews
 - 1tsp PNB, tahini

Free Eating Considerations

- Eating food outside of daily dose
- Free eating may better improve QoL
- Full desensitization + 6g challenge = clearance to free eat
- Do higher maintenance doses accelerate rates of remission?
- Must still abide by dosing rules if free eating
 - No exercise for 2 hours after consuming >1g protein
 - No free eating if already on half dose for illness, vaccines, etc.
- Caveats
 - Nut butters
 - Sister nuts
 - Nutcracker

Discuss Goals Early and Often

- Goals are allowed to change, may change with age
- When to re-discuss goals
 - Maximize safety
 - Improve quality of life
 - Food/taste aversion
 - School/childcare changes
 - Social/family changes