

# Goals of Treatment in Oral Immunotherapy (OIT)

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FAST 2024

# 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

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**1. In patients not on food therapy, do you advise against consuming foods labeled “shared equipment” or “same facility”?**

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In patients not on food therapy, do you advise against consuming foods labeled “shared equipment” or “same facility”

- A) Yes
- B) No

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**2. At what point in food therapy do you offer reassurance re: cross contamination protection?**

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At what point in food therapy do you offer reassurance re: cross contamination protection

- A) Day 1
- B) 1 peanut
- C) 1g protein
- D) Full maintenance

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# 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

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**3. Which therapy/endpoint aligns most with your practice currently?**

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Which therapy/endpoint aligns most with your practice currently?

- A) OIT for cross contamination protection
- B) OIT for free eating
- C) #teamSLIT
- D) We should put Xolair in the water
- E) All of the above to some extent