



Food Allergy:
Patient journey and
implications for nursing



June 28, 2018

Who we are

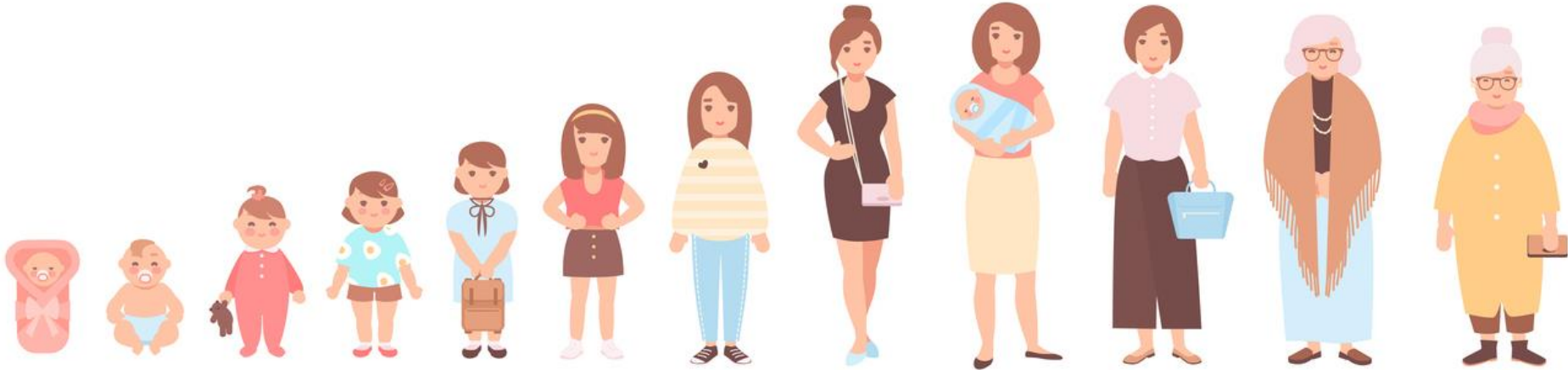
- Mission: **Educate, support and advocate**
- Emphasis: Helping individuals and families **live confidently** with food allergies and the risk of anaphylaxis
- Our value: The **credible information** source (medically-reviewed) & the **national voice** for patient advocacy
- Mantra: Be careful, not fearful



Food allergy journey

What is the food allergy journey?

- Often starts in childhood, but can develop at any age



- Our goal: Enable individuals with food allergies to feel confident and capable of managing their condition at each stage

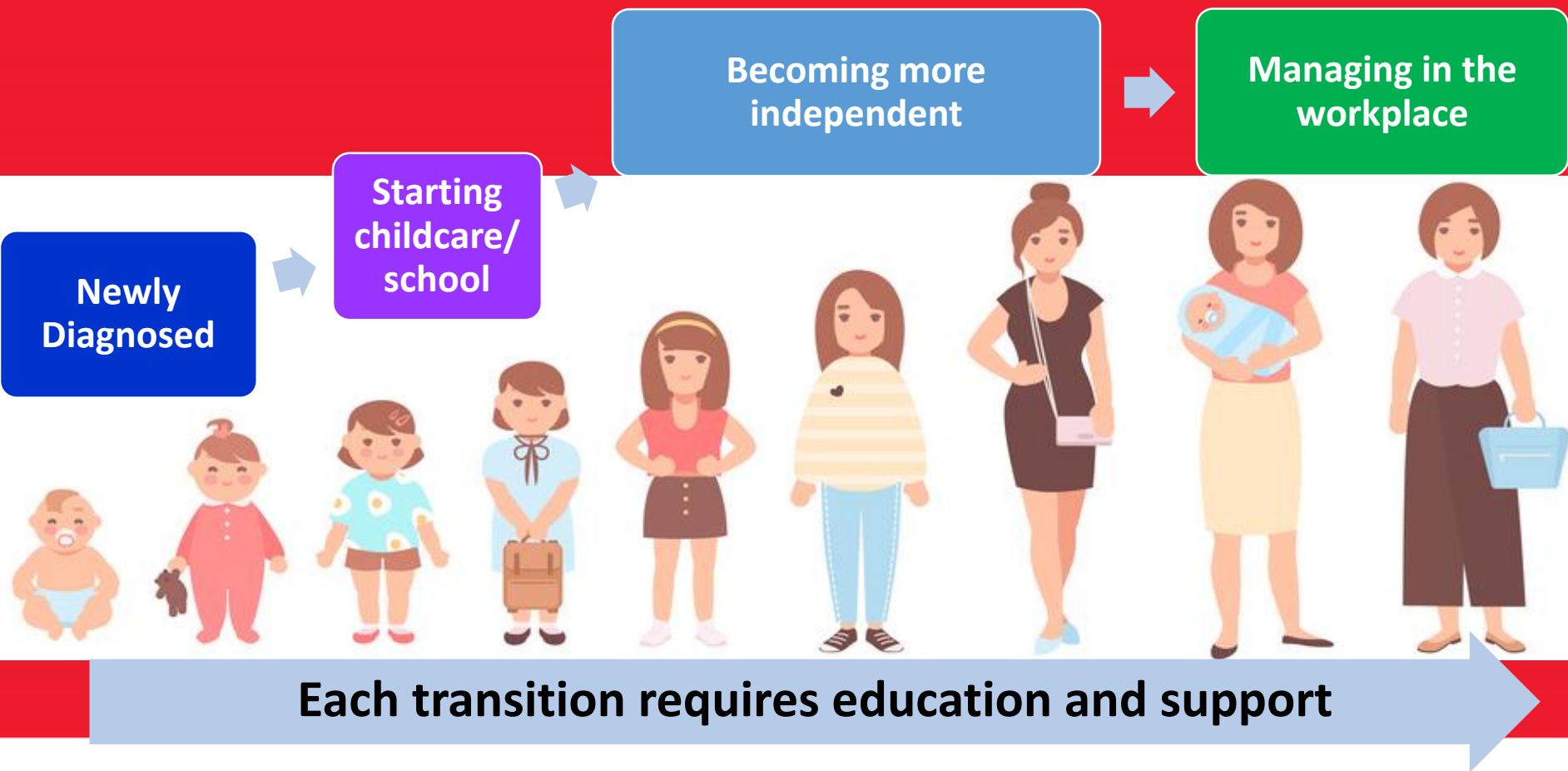
Self-management at each stage



6-point checklist:

- Get an accurate diagnosis & prescription for epinephrine
- Know how to prevent reactions and being diligent about avoiding them
- Understand signs and symptoms
- Confidence in treating a reaction
- Inform others about condition & educate them on how to prevent and treat reactions
- Confidently self-manage, while living an active full life

Key points of transitions



Newly diagnosed with food allergy



Top questions/concerns:

- Will my child have a normal life?
- What can they eat?
- What does an anaphylactic reaction look like?
- How do I keep my child safe?
- How will I be able to cope with this diagnosis? Increase in anxiety and stress.

Management for newly diagnosed

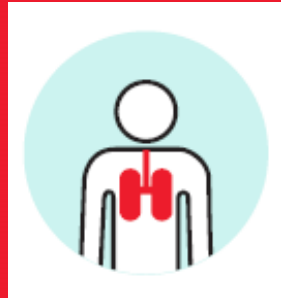
- Get an accurate diagnosis & prescription for epinephrine
 - Go to allergist, fill the script, manage expiry dates and storage of device



- Know how to prevent reactions and being diligent about avoiding them
 - Get educated on label reading, cross-contamination, and causes of reactions

Management for newly diagnosed

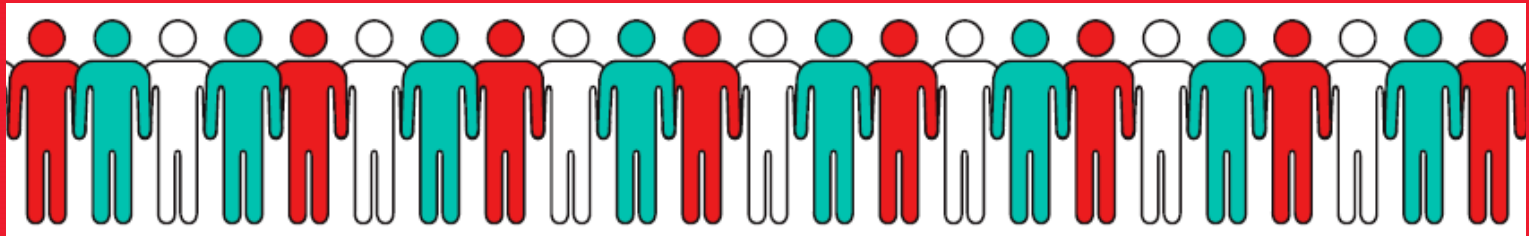
- ❑ Understand signs and symptoms
 - Know what anaphylaxis looks like



- ❑ Confidence in treating a reaction
 - Use trainers for practice, and be confident in using epinephrine at the first sign of an anaphylactic reaction

Management for newly diagnosed

- ❑ Inform others about condition & educate them on how to prevent and treat reactions
 - Educate extended family members



- ❑ Confidently self-manage, while living an active full life
 - Don't limit activities because of this medical condition

Starting childcare/school



Top questions/concerns:

- How can I keep my child safe in daycare/school settings?
- Is there a food allergy policy?
- Are staff trained on the basics of anaphylaxis, ways to reduce risks, and what to do in an emergency?
- What can my child do to self-protect?
- I am anxious in trusting someone else to take care of my child.

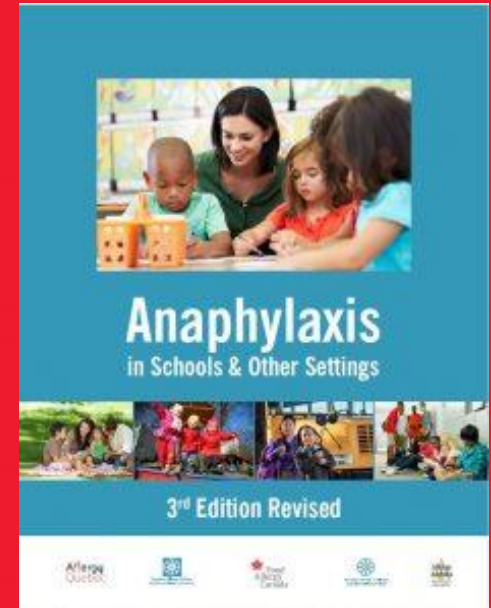
Management for starting school – what children can do

- Carry your auto-injector
- Start reading food labels
- Understand cross-contamination and causes of reactions
- Self-advocate – tell others about your food allergies, don't share food, don't accept food from others



Management for starting school or childcare – what parents can do

- Understand national school guidelines and the policies at your child's school/childcare centre
- Share and review your child's Anaphylaxis Emergency Plan
- Have childcare providers/teachers take AllergyAware.ca



Childcare providers: the need for education and awareness

Study published last year revealed one-third of anaphylactic emergencies in kids occur under adult supervision.



Source: The Research Institute of the McGill University Health Centre and AllerGen NCE Inc., published in *Pediatric Allergy and Immunology*

Becoming more independent



Top questions/concerns:

- Am I helping to shift the responsibility for food allergy management to my teen?
- What risk-taking behaviours do I need to discuss with them?
- Are they ready for the transition to high school? To university/college?

Youth at the highest risk of having an anaphylactic reaction

TEENS & YOUNG ADULTS

68% 

Believe education of friends would make living with food allergy easier

but only

60%

Tell their friends about their allergy

39%

Always carry their auto-injector

51%

Always avoid their allergen

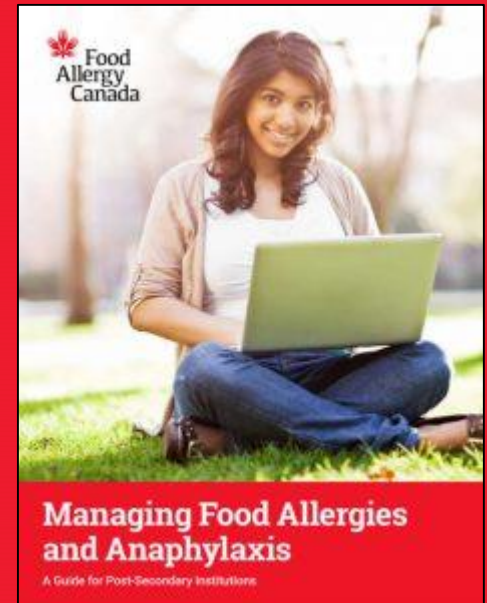
~ US studies of teens/young adults with food allergies (2006/2015)

Self-management for youth

- Carry your auto-injector
- Avoid your allergen
- Tell others

Managing food allergies is a shared responsibility

- Environments youth are in, can help develop their self-management skills, e.g. allergy-friendly campuses



Managing in the workplace



Top questions/concerns:

- Who knows about my food allergy – my manager, my coworkers?
- How can I minimize the risk of accidental exposure?
- What if I have a reaction on the job?

Key is getting the right information from the start

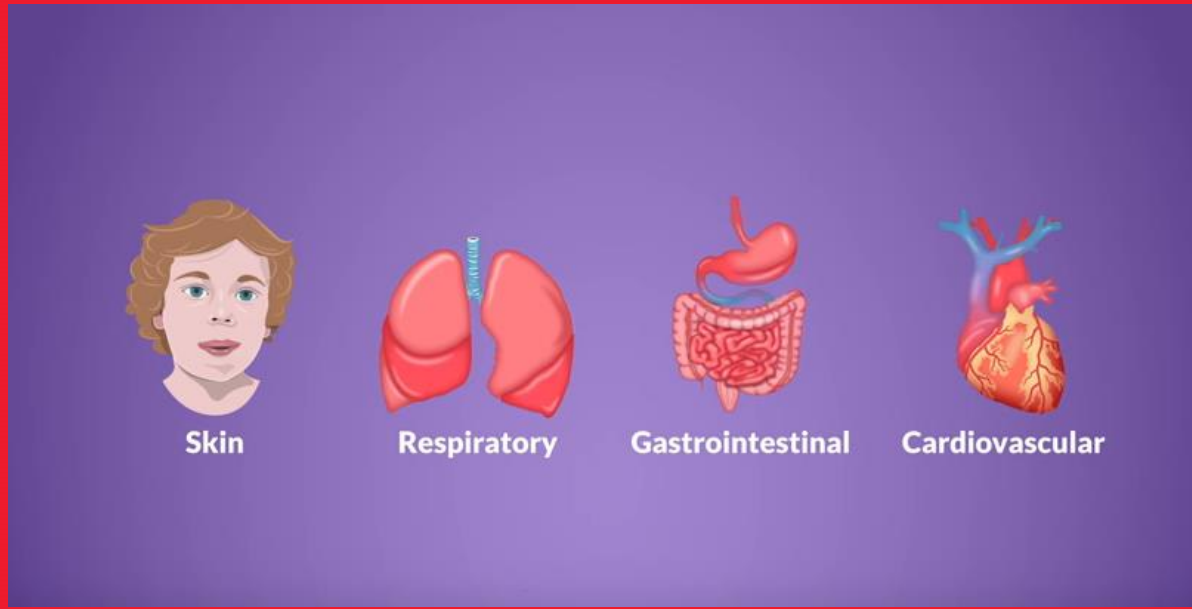
- Basics of food allergy
- Symptom recognition
- Risk reduction
- Emergency management

Living confidently



Resources
for you

Educational refresher



- AllergyAware.ca courses highlight key aspects on managing food allergy
- Award-winning with proven ability to educate with participants retaining the information

Healthcare professional resources

- Patient resource – downloadable information sheets:
 - Food allergy & anaphylaxis
 - Diagnosing food allergies
 - Managing food allergies
 - Epinephrine
 - Stress & anxiety
 - Food allergy myths & facts

Food allergy & anaphylaxis

Food Allergy Canada

WHAT ARE the most common food allergens in Canada?

People can be allergic to practically any food, but the most common food allergens that can cause anaphylaxis, referred to as 'priority food allergens', are:

- PEANUT
- EGG
- WHEAT and TRITICALE
- MUSTARD
- SESAME
- MILK
- TREE NUTS*
- SOY
- FISH (e.g. trout, salmon)
- CRUSTACEANS (e.g. lobster, shrimp, crab) and MOLLUSCS (e.g. scallops, clams, oysters, mussels)**

WHAT IS food allergy?

Your immune system normally protects you from germs and disease. It helps you to fight off bacteria, viruses, and other tiny organisms that can make you sick.

If you have a food allergy, your immune system mistakenly treats something in a particular food (most often, the protein) as if it's dangerous to you.

Your body reacts to the food (an allergen) by having an allergic reaction.

Health Canada also includes sulphites (a food additive) as a priority allergen.

* Tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

** Crustaceans and molluscs are sometimes collectively referred to as shellfish.

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Additional resources that can help

Prevention	<ul style="list-style-type: none">• New guidelines for introducing peanut to babies – webinars for HCPs and parents, FAQs for parents
Newly diagnosed	<ul style="list-style-type: none">• Foundation in Food Allergy webinars for parents• Living Confidently with Food Allergy handbook
Youth	<ul style="list-style-type: none">• Online mentorship programs• Monthly webinars• WhyRiskIt.ca site for teens• Youth Advisory Panel
Adults	<ul style="list-style-type: none">• Adults with Allergies blog
Childcare/school/ community settings	<ul style="list-style-type: none">• AllergyAware.ca online courses

More information and resources are available at foodallergycanada.ca

You play a critical role: key takeaways

- Food allergy is a medical condition that can be managed while living a full active life
- Each transition stage has its own unique set of needs
- Credible information at the time of diagnosis improves the likelihood of living confidently with food allergies
- We have information and resources to support your patients & their families on navigating this journey



Thank you for
participating in our
session!



Visit our tradeshow booth to pick up
free resources!