FPIES (Food Protein-Induced Enterocolitis Syndrome) in the time of COVID-19
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Objectives
What should we consider for FPIES during COVID-19?
- Examine changes in protocol of FPIES management
- Value adaptation skills
- Anticipate and plan for patient and provider obstacles
- Learn tips to adapt from an FPIES dietitian
- Gain perspective on best practices
- Address the new normal

What do HCPs need to know?
- FPIES protocols have been modified
  - Delay introduction of new high risk foods
  - Ondansetron prescription for home
- Food introduction protocols:
  - For severe to moderate FPIES: Food introductions of low risk foods should be over a longer duration of time 5-10 days starting from a very small amount and doubling amount with every feeding given twice daily until a full serving size for age is reached. 1-2 foods that you can do a lot with.
  - For mild or single food FPIES, discuss their preference, create a protocol and contingency plan
- Oral food challenges (OFC) on hold
- Food insecurity
Differentiating severity of FPIES reactions

<table>
<thead>
<tr>
<th>Severe past reaction</th>
<th>Moderate past reaction</th>
<th>Mild past reaction</th>
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</thead>
<tbody>
<tr>
<td>Activate EMS or go to ED</td>
<td>Immediately administer ondansetron if available</td>
<td>Monitor for symptoms</td>
</tr>
<tr>
<td>Immediately administer ondansetron if available</td>
<td>If symptoms appear: Go to ED and only enter if symptoms worsen</td>
<td>If symptoms appear: Administer ondansetron if available</td>
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<tr>
<td></td>
<td>Attempt oral rehydration</td>
<td>Attempt oral rehydration</td>
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Practical approach to managing FPIES through diet

- Do not avoid precautionary allergen labels (PAL) unless past reaction to trace amounts
- Generally safe ingredients:
  - Refined oils, soy lecithin, corn syrup/solids
- Read product labels
- Provide one new food over 5-10 days
- Begin with 1 tsp and double amount with each serving
- Use of Iron and Vitamin D: Infants may require supplementation
- Iron and amino acid-based formula (AAF) may be required due to potential supply issues with over-the-counter formulas
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Gradual food introduction

- Infants may require supplementation

How to best adapt to the situation?

- Patients connect with your care teams
- Care teams connect with your patients
- Focus on what IS available
  - Foods
  - Supplements
  - Recipes
  - Access to HCP
- Details, details, details
- Expect the unexpected

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What are the biggest challenges for HCPs?

- Caregiver anxiety
- Food insecurity
- Unemployment
- Lack of inventory
- Food deserts
- Price gauging
- Increased transit time
- Limited shopping hours
- Telehealth
- Label reading skills

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What have you done to adapt to the current situation?

- Increased triage staff
- Referred more families for therapy
- Increased interactions on support groups
- Referred all patients to FPIES.org
- Modified out of pocket fees
- Created flex spaces for a telehealth schedule
- Generated recipes
- Planned bulk cooking strategies
What are the best practices?

- Jelly, jam, fruit
- The elephant in the room
- Follow up for follow through
- Ask for help
- Retail details
- Plan ahead
- Address safety and necessity of OFC

The new normal: thoughts on the future?

- Teledicine
- Food procurement
- Food retailer availability
- Manufacturing

References

Thank you!

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OR
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