

FPIES (Food Protein-Induced Enterocolitis Syndrome) in the time of COVID-19

Raquel Durban, MS, RDN
Asthma & Allergy Specialists, PA

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

Severe past reaction

- Activate EMS or go to ED
- Immediately administer ondansetron if available

Moderate past reaction

- Immediately administer ondansetron if available
- If symptoms appear:
 - Go to ED and only enter if symptoms worsen
- Attempt oral rehydration

Mild past reaction

- Monitor for symptoms
- If symptoms appear:
 - Administer ondansetron if available
 - Attempt oral rehydration
- If symptoms continue:
 - Go to ED and only enter if symptoms worsen

Nowak-Węgrzyn A, et al. Ann Allergy Asthma Immunol. 2020;125:14-6.

Practical approach to managing FPIES through diet

Read product labels

Gradual food introduction

Infants may require supplementation


AAF may be required

- Do not avoid precautionary allergen labels (PAL) unless past reaction to trace amounts
- Generally safe ingredients:
 - Refined oils, soy lecithin, corn syrup/solids
- Provide one new food over 5-10 days
 - Begin with 1/4 tsp and double amount with each serving
 - Serve twice per day separated by ≥ 6 hours
 - Stop feeding if symptoms occur
 - Consider lower risk foods from various food groups
- Iron
- Vitamin D
- Amino acid-based formula (AAF) may be required due to potential supply issues with over-the-counter formulas

Goebel M, et al. Ann Allergy Asthma Immunol. 2020.

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



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



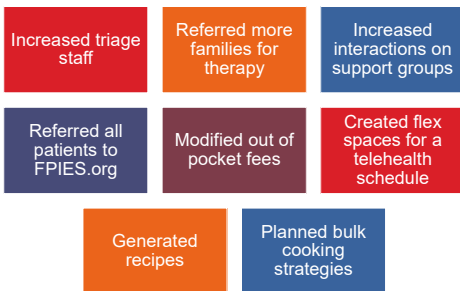
What are the biggest challenges for patients?



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



What have you done to adapt to the current situation?

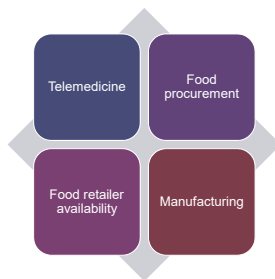


What are the best practices?



- 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?



References



- Groetch M, Durban R, Meyer R, et al. Dietary management of food protein-induced enterocolitis syndrome during the coronavirus disease 2019 pandemic. *Ann Allergy Asthma Immunol.* 2020.
- Nowak-Wegrzyn A, Cianferoni A, Bird JA, et al. Managing food protein-induced enterocolitis syndrome during the coronavirus disease 2019 pandemic: Expert recommendations. *Ann Allergy Asthma Immunol.* 2020;125:14-6.

Thank you!

Raquel Durban, MS, RDN
Rdurban@asthmanc.com

Feedback, Please!

To complete the survey:

Use the camera on your smartphone to scan the QR code to the right



OR

You may access the survey directly at: <https://www.surveymonkey.com/r/FPIESCOVID19>

For questions on this presentation or Nutricia's products, please email:

NutritionServices@Nutricia.com

or call:

1-800-365-7354
