

# Peanut Oral Immunotherapy (OIT)

Michelle Dickens, MSN, RN, FNP-C, AE-C

Ferrell Duncan Clinic, Department of Allergy & Immunology, Springfield, MO

## What OIT Is

Oral immunotherapy (OIT) refers to feeding an allergic individual an increasing amount of an allergen with the goal of increasing the threshold that triggers a reaction. (AAAAI, 2020)

## What OIT Isn't

- A "cure" for food allergy
- A quick fix
- The right approach to every patient

## Foods for OIT

- Peanut is most studied and most common. Uses peanut flour in solution, peanuts, or PB. Now a commercial product is available
- Tree nuts
- Milk
- Egg
- Potentially any other food

## First, Confirm the Diagnosis

- Accurate patient history is KEY
- Skin tests and/or blood tests
- Total IgE for the suspected foods
- Component testing for some foods
- Oral food challenges

## Patient Selection

- Asthma must be well-controlled
- Motivated parent/patient
- Stable home environment
- Cost concerns
- In studies, was most effective in children less than 14 years old vs adults

## Goals of Therapy

Protection from accidental exposure

vs

Ability to freely eat the allergenic food

## OIT Process

- Day One – Patient ingests very small dose (ex: 1/125,000<sup>th</sup> of a peanut) under supervision
- Doses are given every 20 min if tolerated, up to Dose 10 on first day
- Sent home with last tolerated dose to give daily at home
- Return to clinic weekly for up dosing (1 step/week) until max dose is reached
- Up dosing lasts 4-5 months depending on goal
- After goal reached, pt continues to dose daily (for life?) to maintain tolerance

## OIT Challenges

- Dosing schedule - Must be observed & cannot exercise for 2 hours after dose; considerations during illness, travel, dental work, etc
- Taste aversions
- Anxiety

## Questions?

Michelle.Dickens@coxhealth.com