



# 087 Modified Tree Nut Desensitization Protocol in Real-World Clinical Practice



Adnan Al Ali1, Sofianne Gabrielli, Pasquale Mule, Karen Sigman, Moshe Ben-Shoshan, Sarife Sake, Xun Zhang, Ben Lawson, Danbing Ke, Christine McCusker.  
Division of Allergy and Clinical Immunology, Department of Pediatrics, McGill University Health Centre, Montreal, QC, Canada.  
Centre for Outcomes Research and Evaluation, Research Institute of McGill University Health Centre, Montreal, QC, Canada.

## RATIONALE

- We aimed to assess the efficacy and safety of a modified tree nut desensitization protocol in children in real-world clinical practice.

## METHODS

- Children with an allergist diagnosis of tree nut allergy were recruited at the Montreal Children's Hospital and the Children's Clinic in Montreal.
- After obtaining consent, an initial dose of tree nut protein (2-12 mg) was introduced. Patients continued the same dose for 2-5 weeks at home, filled out a symptom diary, and returned to the clinic for up dosing until maintenance was reached.
- Allergen strategies were done with the direction of the allergist using baked goods (almond, pistachio, walnut and hazelnut) or cashew milk and fresh pecan.

## ACKNOWLEDGMENTS



## RESULTS

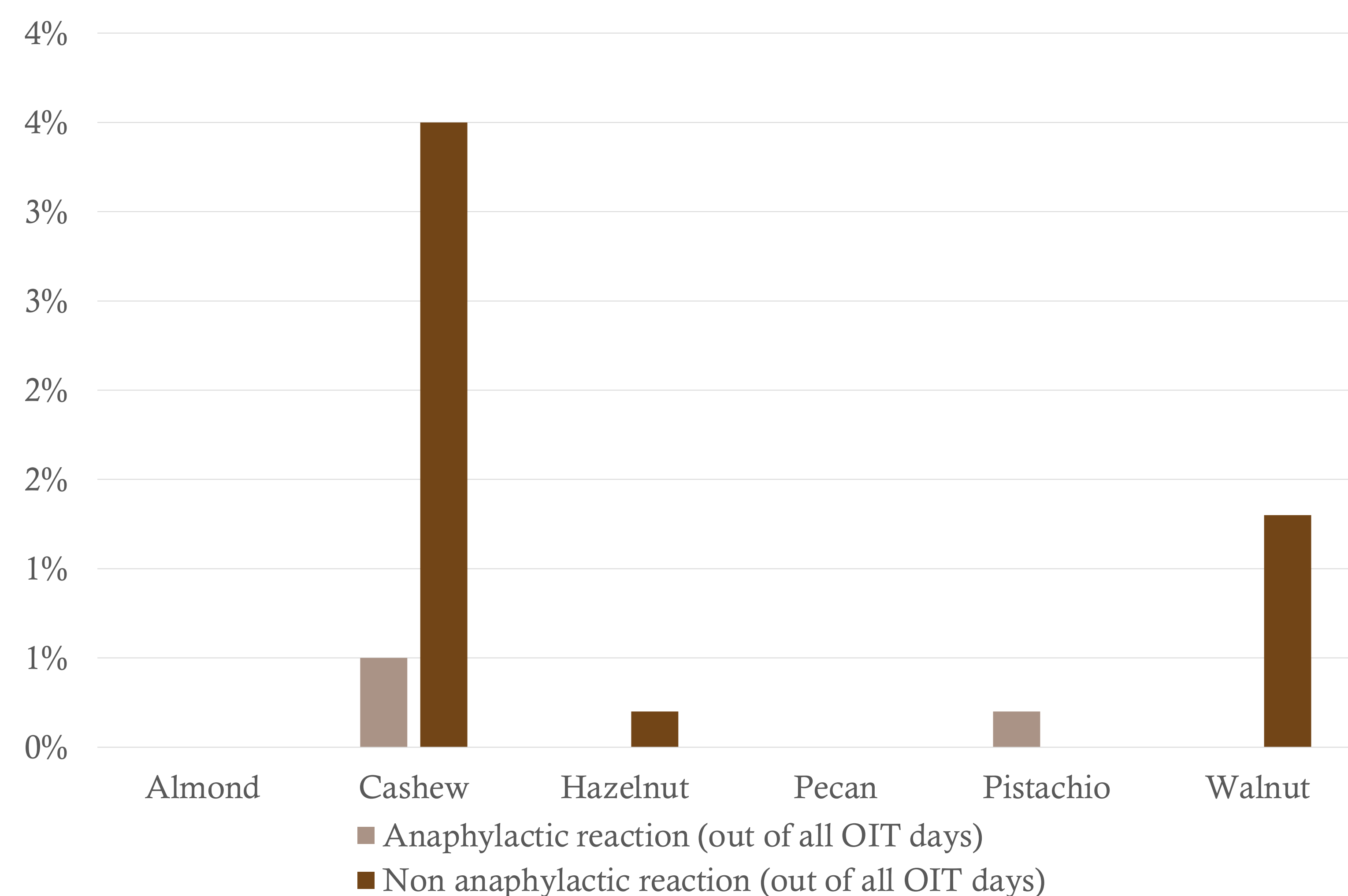


Figure.1 Anaphylactic and non anaphylactic reaction (Out of all OIT days)

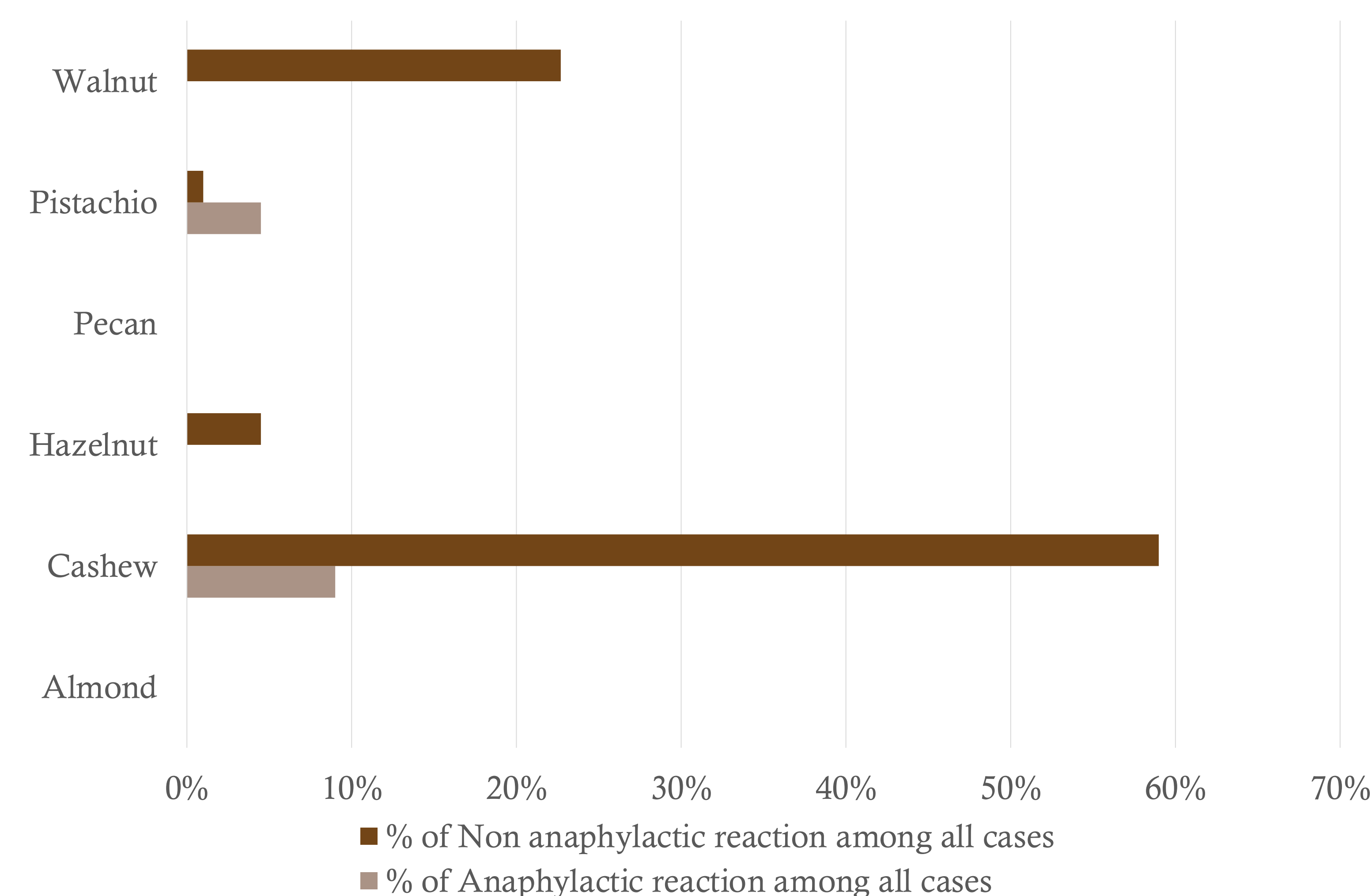


Figure.2 Anaphylactic and non anaphylactic reaction among all cases

Table 1: Demographic and characteristics of patients

Variable	N = 31
Median Age	5 years
Sex (% males)	29%
Atopic history	Asthma 58% Eczema 16%
Total doses (OIT)	12,253
<b>Oral Initial desensitization strategies</b>	
Almond muffin	6%
Cashew	6%
Cashew baked good	37%
Cashew milk	16%
Hazelnut cake	10%
Pecan	3%
Pistachio baked good	6%
Walnut baked good	13%
<b>Type of reaction</b>	
Non-anaphylactic reaction	19 cases (0.15%)
Anaphylactic reaction	3 cases (0.02%)

## CONCLUSIONS

- Modified tree nut desensitization protocols are safe and efficacious.
- Anaphylactic reaction mainly to cashew OIT.
- A large scale study required to assess tree nut OIT.