

REVIEW OF ORAL FOOD CHALLENGE TESTS IN CHILDREN

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INTRODUCTION

Food allergy affects a significant number of people and is responsible for substantial morbidity, impaired quality of life, and costs to the individual, family, and society. Oral food challenge tests (OFCT) are the gold standard to verify or rule out a diagnosis of food allergy.

AIM

To review and analyze the results of a large series of open OFCT in children.

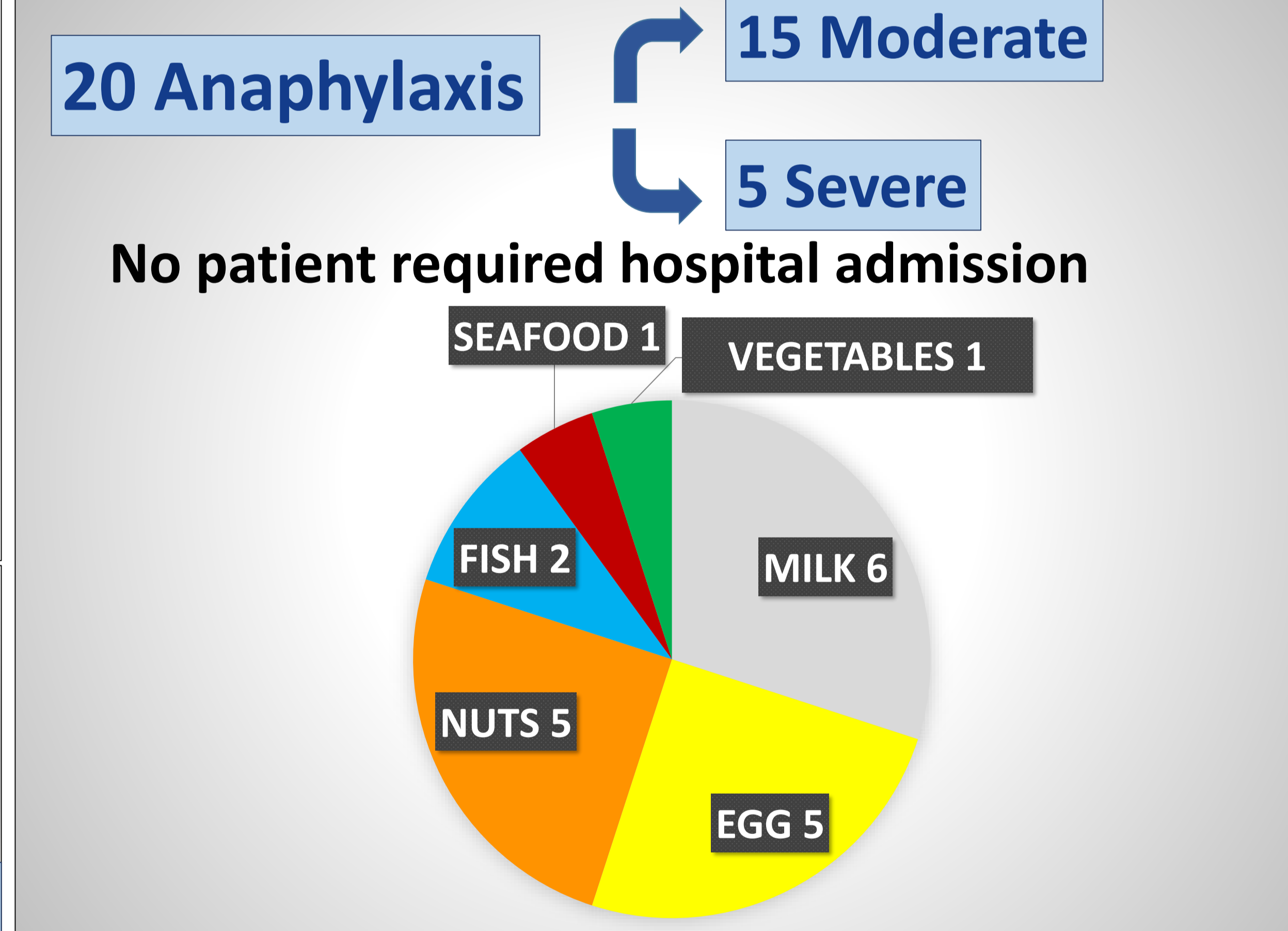
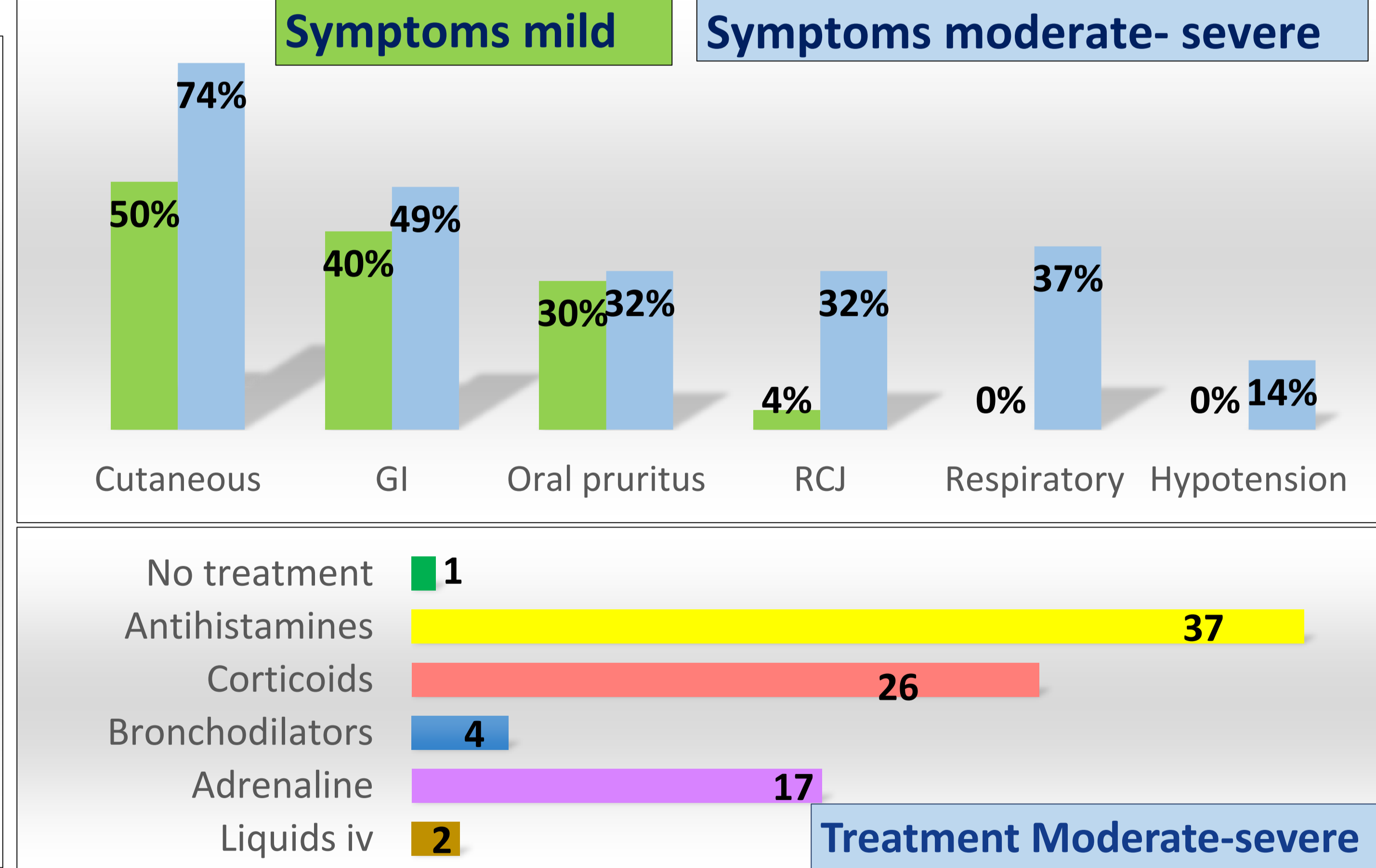
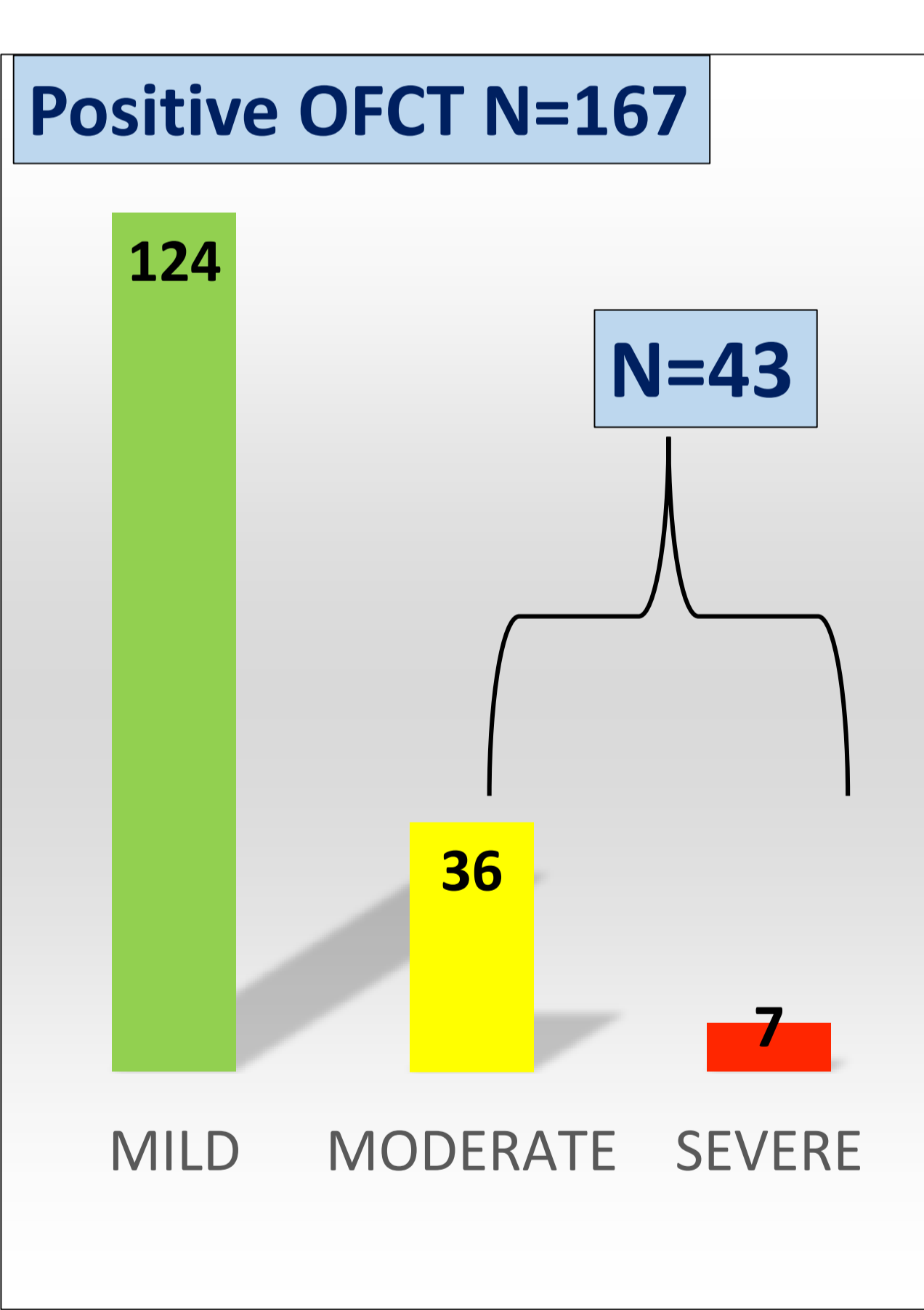
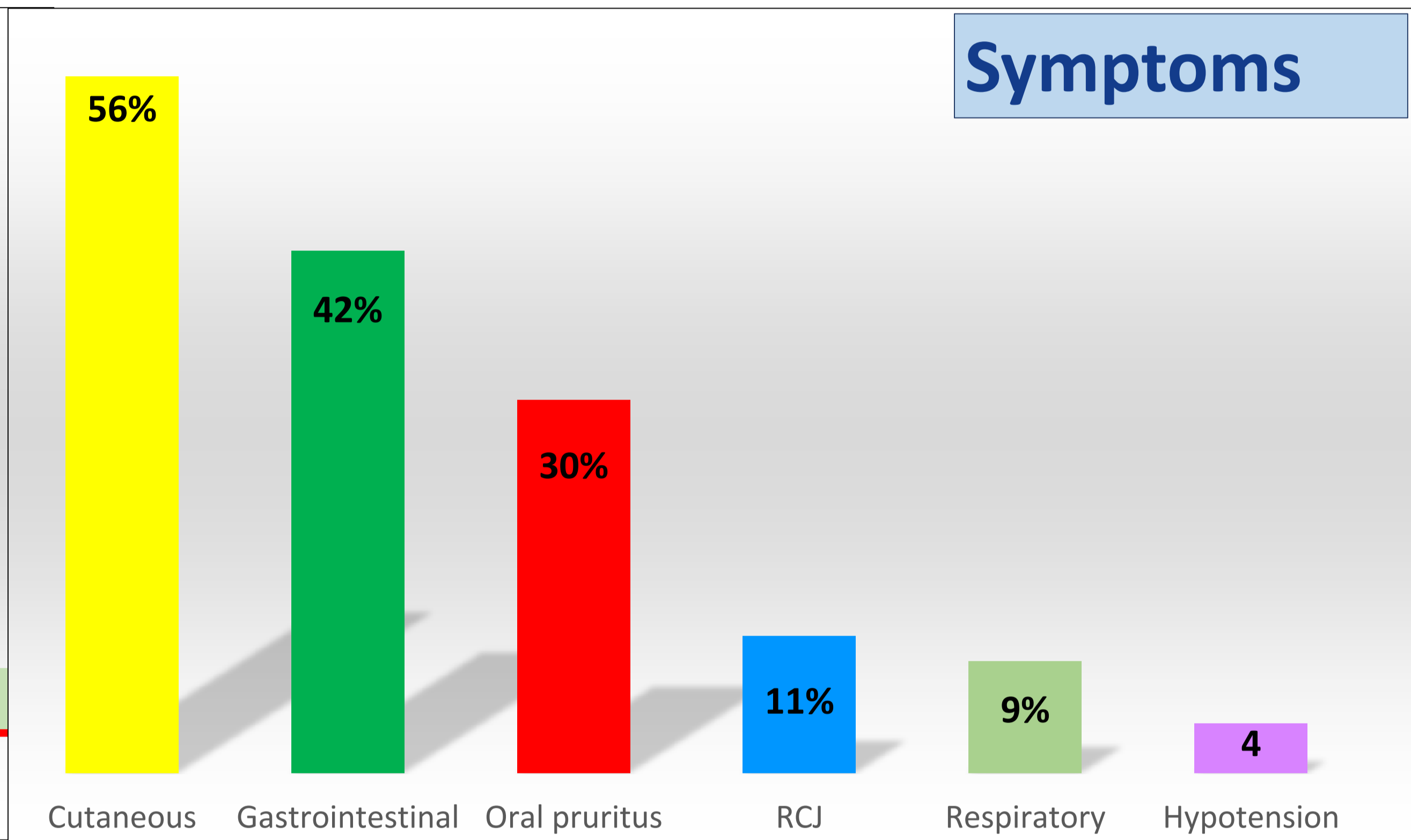
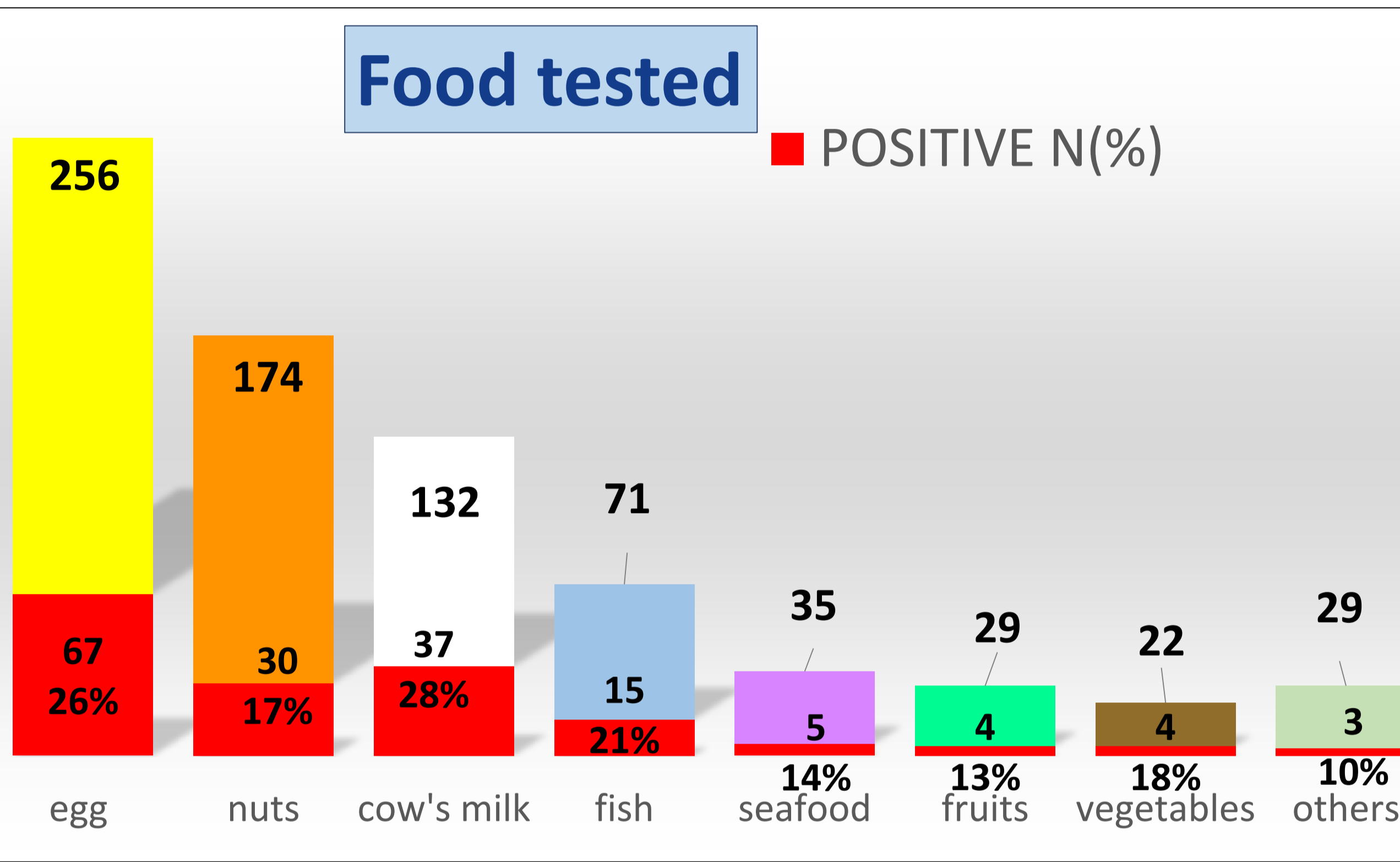
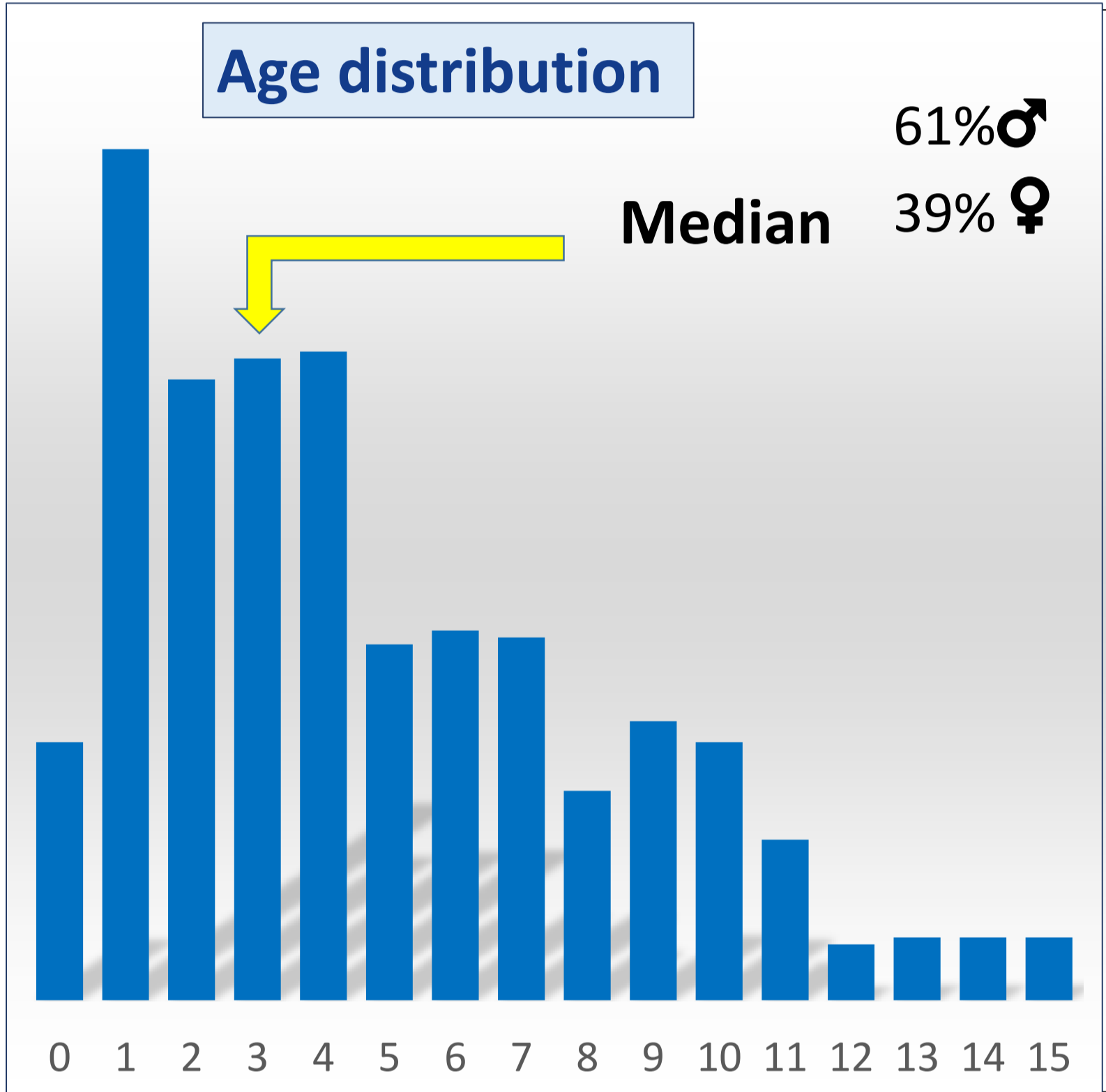
MATERIAL & METHODS

A retrospective review of OFCT performed in pediatric patients in 6 hospitals during a two year period (2014-2015). Patient-related data, medical history, and test results were collected. Data was analyzed by means of SPSS 17.0 program.



RESULTS

756 OFCT in 548 patients. OFCT results: 76% negative, 22% positive (n=167). 2% inconclusive (n=13)



Tests were more frequently positive (p <0.05) for egg, walnut, and in patients with higher levels of specific IgE, with a history of gastrointestinal allergy symptoms or with atopic dermatitis and approached significance for milk (p = 0.063.).

SUMMARY / CONCLUSION

Only 1% OFCT resulted in a severe reaction, but all of them were easily treated. Consequently, OFCT show an acceptable safety profile in our population.

In spite of the high rate of allergic reactions, OFCT are safe and irreplaceable in the study of pediatric patients with suspected or known food allergy when performed by experienced pediatric allergy units under controlled conditions.

