

Workshop 07: The Basics of Food Allergy: Getting it Right for Future Practice

Presenters

- Kathy Beck, Child Health in Life and Disease Dietetics (Primary Presenter)
- Merryn Netting, SAHMRI Ingrid Roche, Advanced Dietitians Group Marianne Tomlin, Monash Children's Hospital
- Amanda Jackson, Royal Melbourne Hospital Laura Ryan, Flinders Medical Centre

Overview

With food allergy rates remaining high in Australia practising dietitians must have an understanding of current evidence based practice in this area. This seminar will provide basic training in food allergy across differing ages with a focus on teaching through case studies. An update on current resources will be included.

Learning outcomes

1. Identify the signs and symptoms of IgE and non IgE food allergies.
2. Select the appropriate specialised formula for infants with cow's milk allergy who are not breastfeeding.
3. Identify when maternal dietary elimination may be warranted and learn how to support the breast-feeding mother.
4. Source reliable, evidence based and up to date information for the management and education of food allergic patients
5. Appraise their scope of practice when managing clients with food allergy and identify when and how to seek assistance or when to refer on.

Target audience

This workshop is appropriate for recently graduated dietitians and those with minimal experience in food allergy

Workshop abstract:

Background: With food allergy rates remaining high in Australia practising dietitians must understand current evidence-based practice in this area. This seminar will provide basic training in food allergy across differing ages with a focus on teaching through case studies. An update on current resources will be included.

Rationale: Food allergies are a common area of practice for many dietitians, and it is important that access to up-to-date and evidence based information is available particularly for recent graduates and sole practitioners with limited exposure and support.

Content overview:

- Signs and symptoms of IgE and non IgE food allergies.
- Appropriate nutritional management for mothers and infants with food allergies, choice of appropriate infant formulas, use of maternal diet exclusion for the breastfed infant and strategies to support adequate growth and nutrition.
- Where to source reliable, evidence based and up to date resources for the management and education of food allergic clients or patients.
- Understanding adolescents and adult with food allergy. Awareness of the common food allergens, role of co-factors, conditions linked with adult food allergy, and supporting their unique needs. Including knowing when to seek assistance or refer onto a specialist service.
- Awareness of the current adrenaline autoinjectors available on the Australian market.