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### Qualitative Evaluation of a Canadian Community Oral Immunotherapy Program

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# A Qualitative Evaluation of the Patient and Family Experiences Within a Canadian Community Oral Immunotherapy Program

## INTRODUCTION

Various studies show effective allergen-desensitization of children by exposure to the allergens using oral immunotherapy (OIT). In early 2019, Soller et al. assessed safety concerns of OIT in preschool-aged children in a community-based OIT program. Their results showed that OIT is safe for children, with low risk of severe reaction or use of epinephrine (Soller et al., 2019).

The Windsor Allergy Asthma Clinic in Windsor, ON, Canada established and has persisted with an OIT program for patients since May 2017. The community-based program offers flexibility in dosage timings and amounts and for a personalized level of care.

## OBJECTIVES

- Describe the OIT experiences of patients and families
- Determine changes in lifestyle during and after hitting maintenance of OIT
- Collect recommendations for improving community OIT programs, and for families doing OIT

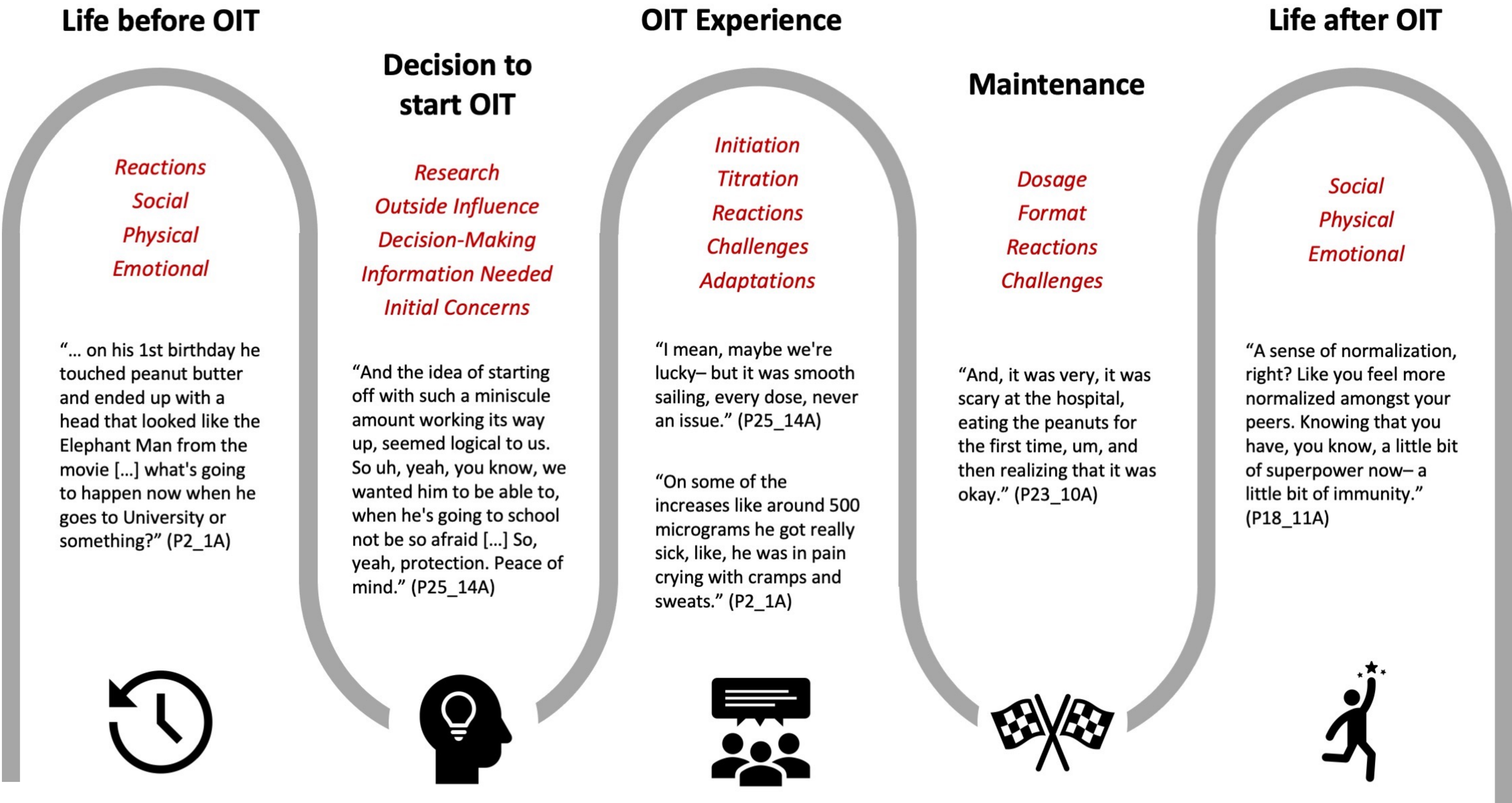
## METHODS

Virtual interviews of OIT patients were digitally recorded and transcribed. We apply Braun & Clark's (2006) thematic analysis to:

- Become familiar with our data
- Generate initial codes
- Search for themes
- Review themes
- Define and name themes
- Produce our report

## RESULTS

### Preliminary Codes: The parental perspective of a child's OIT journey



### Participants

Parent/Child Dyads	Mean age (SD)		
	OIT Start	Maintenance	Interview
16	8.6±4.7	9.5±4.7	12.1±4.6

## CONCLUSIONS

Peanut allergy in a family may produce fear, anxiety and restrictive lifestyles, which can reduce life quality. Decisions to begin OIT varied, but with an overarching hope of increasing child protection. Parents of children receiving OIT describe positive and negative experiences during the treatment program, and adaptations to the program to suit individual lifestyles.

Themes of reactions, and social, physical and emotional impacts crossed all stages of the OIT journey, but the dialogue changed over the course of the procedure.

## REFERENCES

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Soller, L., Abrams, E. M., Carr, S., Kapur, S., Rex, G. A., Leo, S., Lidman, P. G., Yeung, J., Vander Leek, T. K., Mchenry, M., Wong, T., Cook, V. E., Hildebrand, K. J., Gerstner, T. V., Mak, R., Lee, N. J., Cameron, S. B., & Chan, E. S. (2019). First Real-World Safety Analysis of Preschool Peanut Oral Immunotherapy. *The Journal of Allergy and Clinical Immunology: In Practice*, 7(8), 2759–2767.e5. <https://doi.org/10.1016/j.jaip.2019.04.010>

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