

Development of an action plan for acute food protein-induced enterocolitis syndrome in Japan

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ABSTRACT

Reports of food protein-induced enterocolitis syndrome (FPIES) in Japan have been increasing. However, the disease itself and the treatment options are poorly understood by both patients and medical professionals. The objective of this study is to develop an action plan for acute FPIES in Japan. We prepared a single-sheet action plan that describes the management of acute FPIES episodes for caregivers on one side and medical professionals on the reverse side. To evaluate the content of the action plan, we distributed a questionnaire to caregivers of patients with FPIES and to physicians who would encounter patients with FPIES. Changes to the FPIES action plan were made based on the feedback from the participants. The Delphi method was utilized to finalize the action plan. The participants of the initial survey found the action plan to be useful but the process for determining severity to be impractical. After discussion, the authors made appropriate improvements. By the Delphi method, consensus was reached on the revised FPIES action plan. In conclusion, this Japanese FPIES action plan was created by physicians from multiple subspecialties and caregivers of patients with FPIES. The action plan may improve the management of acute FPIES reactions in the Japanese community.

Keywords: Food protein-induced enterocolitis syndrome, Action plan, Delphi method

INTRODUCTION

Food protein-induced enterocolitis syndrome (FPIES) is a non-IgE-mediated gastrointestinal food allergy. The innate immune activation has been proposed as an etiology, but the detailed pathophysiology is still unknown.¹ Acute FPIES symptoms include repetitive vomiting and

diarrhea following trigger food ingestion. Severe cases warrant emergent management as profound vomiting results in dehydration and hypovolemic shock which could be life-threatening, especially in very young children.² The number of reports of non-IgE-mediated gastrointestinal food allergy has increased in the

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