NSW Food Allergy and Intolerance interest group

The RPAH Elimination Diet Food Challenge Protocol and research update

Date: 20 November 2018
Time: 12:00 – 14:00 (AEDT)
Type: Webinar and Face-to-Face
Location: RPAH Allergy Unit, 9-11 Layton st, Camperdown, NSW 2050
Registration: Webinar: via DAA professional event calendar
Face-to-face: please email ting.liang@health.nsw.gov.au

Event program

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>11:30</td>
<td>NSW FAIIG business meeting if you attend this event face-to-face</td>
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<td>12:00</td>
<td>Live webinar</td>
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<td><strong>Speakers:</strong></td>
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<td>• Dr Anne Swain, Dip Nut &amp; Diet, APD, PhD (USyd);</td>
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<td>• Carling Chan, BSc (Hons 1) Immunol, MNutr&amp;Diet (USyd), APD</td>
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<td><strong>Topic:</strong> Step 2 – Food Challenges of The RPAH Elimination Diet and Challenge Protocol</td>
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<td><strong>Summary:</strong> Step 1 of the RPAH Elimination Diet and Challenge Protocol is a short-term diagnostic diet (Elimination Diet), designed to eliminate all potential natural and added food chemical triggers (salicylates, amines, glutamates and food additives) to determine if food chemicals are a contributor to an individuals’ symptoms. Step 2 is to identify which of these food chemicals trigger an individuals’ symptoms. This is achieved through a series of systematic food challenges using carefully selected foods, grouped so that they contain only one of the potential culprit chemicals.</td>
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Step 3 is the liberalisation and long-term management of the diet. Based on the challenge results, a personalised diet is created then the diet is liberalised gradually to identify an individual’s tolerance threshold and avoid and manage recurrence of symptoms.

This presentation will focus on step 2 – Food Challenges – of the RPAH Elimination diet and Challenge Protocol. Join us for a look at

- The history and development of the food challenge protocol
- The principles and rational of the food challenge protocol
- How to successfully implement and guide your clients through the food challenge protocol
- How to troubleshoot some common scenarios using case studies

13:00 **Speakers:**

- Vivian Au
- Amy Pratten
- Annaliese Farah (TBC)
- Fatima Hamdi (TBC)
- Emma Dunn (TBC)

**Topics:** Masters of Nutrition and Dietetics Research Student presentations

- The effect of restricted diets for the management of adverse food reactions on nutrition status and growth in the paediatric population
- The effect of diet on gut microbiome

**Summary:** A series of systematic literature reviews were undertaken by Sydney University students as part of their MND degree and the findings will be presented

14:00 Meeting close
ABOUT THE SPEAKERS

Dr Anne Swain  
Dip Nut & Diet, APD, PhD (USyd).

Member Associations: DAA, INDANA, ASCIA

Dr Anne Swain is recognised as a leading expert in the field of food intolerance and food allergy, both in Australia and overseas. She has been the Head Dietitian at the Allergy Unit of Royal Prince Alfred Hospital (RPAH) in Sydney for over 40 years. Anne is co-author of the book Friendly Food and the RPAH Elimination Diet Handbook. She has contributed to the development of policy & protocols for food allergy and food intolerance, for NSW Health, FSANZ and other professional organisations. Anne is involved in research, education programmes, has scientific publications and is a University lecturer and mentor to students and graduated dietitians.

Carling Chan  
BSc (Hons 1) Immunol, MNutr&Diet (USyd), APD

Carling has worked as an Accredited Practicing Dietitian at the Royal Prince Alfred Hospital (RPAH) Allergy Unit as a clinical and research dietitian for the past six years and has been heavily involved in the revision and development of the RPAH Allergy Unit patient resources. Carling provides dietetic support to patients in the investigation and management of food intolerance and is involved in a number of retrospective and prospective clinical research studies being conducted at the RPAH Allergy Unit. She also enjoys supervising dietetic students completing their research semester as a requirement of the Master of Nutrition and Dietetics at the University of Sydney and regularly presents the food allergy and intolerance lectures and workshops for dietetic students and dietitians.