

Letter to the Editor

Do not focus only on EpiPen

Editor,

I read with interest the article by Mehr et al. (1). They have shown that majority of doctors do not know how to use an EpiPen. This has been shown by previous studies as well (2). It has also been shown that many parents of food allergic patients prescribed EpiPen do not know how to use it (3).

Patients with food allergy and their parents need to be given a broad range of training if they are to deal with their food allergies. EpiPen should be only one part of this training package. They also need information about allergen avoidance, early recognition of an allergic reaction, appropriate management of allergic reactions when they occur and control of coexisting asthma. We showed that when this package is provided as part of a multidisciplinary paediatric allergy clinic, there is a significant improvement in parental knowledge of allergen avoidance, management of allergic reactions and EpiPen usage (4). There was also a significant reduction in subsequent allergic reactions.

There tends to be a lot of focus on EpiPen. We tend to neglect other aspects of education for these patients and their families. The best way to

deal with a food allergic reaction is to prevent it. I wanted to take this opportunity to remind everyone about this.

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