Poster Number: 240

Effect of Needle-Free Epinephrine on Food Allergy Patient and Caregiver Quality of Life

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RATIONALE

Epinephrine is recognized as the only first-line, lifesaving therapy in the treatment of patients with severe allergic reactions (Type I) including anaphylaxis.[1] Despite epinephrine's long history of efficacy and safety, patients and caregivers often hesitate before using an epinephrine auto-injector device (EAI), potentially endangering themselves or their child due to the quick and unpredictable progression of an allergic reaction.[2]

The reluctance and hesitation to administer epinephrine with an EAI during a severe allergic reaction is well documented and increases the risk of serious outcomes.[3,4,5] As a result, many patients and caregivers use allergy avoidance as a strategy which can negatively impact their quality of life.

This study was conducted to better understand the impact of food allergies on quality of life and determine whether an intranasal epinephrine device would increase carrying by patients and caregivers and help improve their quality of life.

METHODS

In March 2023, a questionnaire was administered to 480 patients and caregivers to better understand consumer attitudes about having potential severe allergic reactions (SAR) and what strategies they adopted to cope with their condition. The study was conducted in the US and consisted of a 25-minute online survey.

The questionnaire was administered in double-blind fashion to 240 caregivers of children aged 5-17 and 240 patients aged 18-55 years who had been diagnosed with food allergies. Additionally, all respondents must have been personally diagnosed by an HCP and filled an epinephrine prescription for severe allergic reaction within the past three years.

A follow-up questionnaire was readministered to 76 respondents in July 2023 to assess the impact an intranasal device would have on patients' and caregivers' quality of life.

OVERVIEW OF RESPONDENTS

Respondents	N Initial Questionnaire	N Follow-Up Questionnaire	Age Range
Caregivers	240	35	of children 5 - 17
Patients	240	41	18 - 55

RESULTS

About two thirds of respondents felt food allergies had a negative impact on their mental and/or financial health.

Upon receipt of information about an intranasal epinephrine device, it was found that:

- 75% were likely to ask their physician about an intranasal device.
- 89% were more likely to carry an intranasal device than an EAI (Figure 3).
- 77% were more likely to use an intranasal device sooner at the onset of symptoms than an EAI (Figure 3).
- 76% felt an intranasal device would significantly benefit their quality of life (Figure 3).

CONCLUSIONS

Most severe allergic reaction patients and caregivers agree that food allergies have a negative impact on their quality of life.

The majority of food allergy patients and caregivers feel an intranasal epinephrine device will significantly help improve their quality of life.

Two out of three patients and caregivers feel that food allergies have a negative impact on their mental and/or financial health.

At least three out of four patients and caregivers agree that an intranasal epinephrine device will significantly help improve their quality of life.

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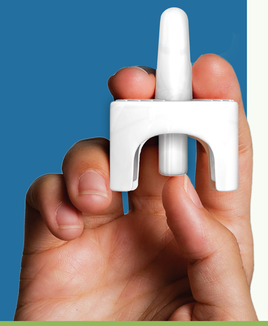


Figure 1: Confidence Level by Respondent

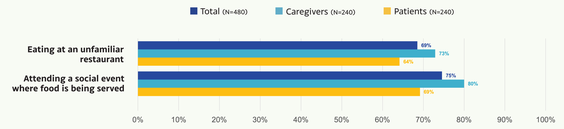


Figure 2: Perceived Impact of Intranasal Epinephrine Device on Improved Quality of Life by Respondent

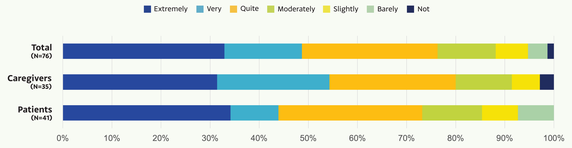
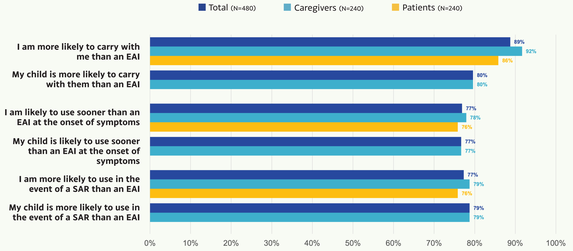


Figure 3: Impact of Intranasal Epinephrine Device on Behavior by Respondent



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