

The Chicago Food Allergy Research Survey for the Primary Care Physicians

*The following survey is part of a study being conducted by researchers at Children’s Memorial Hospital and Northwestern University Feinberg School of Medicine in Chicago, Illinois. The goal of this survey is to assess food allergy knowledge, attitudes and beliefs of the **pediatricians and family physicians**.*

Before beginning the survey, please answer the following questions:

1. Are you currently a practicing pediatrician or family practitioner?

Yes

No



We’re sorry, but you are not eligible for this survey.
Thank you for your interest.

2. In which state do you live?

State: _____

Please mark one box for each statement below.

	<u>TRUE</u>	<u>FALSE</u>	<u>I DON'T KNOW</u>
1. A positive skin prick test or RAST by itself is sufficient for the diagnosis of food allergy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Chronic behavioral problems may be a symptom of food allergy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Chronic nasal symptoms (i.e. congestion or colds that never clear up) may be a symptom of food allergy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Asthma is an important risk factor for severe anaphylaxis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Some children who have IgE-mediated milk allergies can tolerate certain yogurts and cheeses made from milk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. A child can die from a milk allergy reaction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Teenagers are at higher risk for fatal food allergy compared to younger children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Food allergens may be passed from the maternal diet into breast milk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. It is okay for children with egg allergies to eat egg yolks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Food additives (like citric acid, colorings, starch) are common food allergens.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. The number of children in the United States who have food allergies is increasing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Based on published research, the quality of life in children with food allergy is better than in children with rheumatologic disease (arthritis).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Based on published research, the quality of life in children with food allergy is worse than in children with diabetes mellitus (type I).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Taking a daily antihistamine is effective for preventing a food allergy reaction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. There is a cure for food allergy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. There is no absolute contraindication to prescribing self-injectable epinephrine such as EpiPen or Twinject.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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17. The following are symptoms that present as ‘milk protein allergy.’ Please mark the most likely pathophysiologic mechanism that corresponds with each symptom. Choose **one** mechanism per symptom.

- Blood in stool —————> IgE-mediated T-cell mediated Non-immune mediated I don’t know
- Colic —————> IgE-mediated T-cell mediated Non-immune mediated I don’t know

18. A parent presents to your office with concerns that her child has milk allergy. Please mark the sign (when present independently) that is most likely to be consistent with an IgE-mediated food allergy reaction. Mark **one** answer.

- Flushing Headache
 Hyperactivity None of the above
 Stomachache and bloating I don’t know

19. How often do you refer your patients with food allergy to a subspecialist (allergist)?

- None of the time Most of the time
 A little of the time All of the time
 Some of the time

20. How often do you use a placebo demonstrator as an educational tool for the instruction of use of EpiPen or Twinject?

- None of the time Most of the time
 A little of the time All of the time
 Some of the time

21. Are you finding that your patients are experiencing more life-threatening reactions today as compared to five years ago?

- Yes
 No
 I don’t know
 Not applicable, I have been practicing less than 5 years

22. Are you seeing more children with food allergies today as compared to five years ago?

- Yes
 No
 I don’t know
 Not applicable, I have been practicing less than 5 years

23. Which tests would you order to diagnose food allergy? Mark **all** that apply.

- Food specific IgG levels Skin-prick test
 Food specific IgE levels None of the above
 Oral food challenges I don’t know
 Desensitization

24. Which of the following **in isolation** may be a symptom of food allergy in an infant? Mark **all** that apply.

- Colic Chronic diarrhea
 Fussiness Eczema
 Hives None of the above
 Spitting up I don’t know

25. Which of the following are medical indication(s) to change an infant’s formula? Mark **all** that apply.

- Colic Chronic diarrhea
 Fussiness Eczema
 Hives None of the above
 Spitting up I don’t know

26. Which of the following are the **three** most common allergies in children? Mark three answers.

- Egg Citrus (*orange, lemon, grapefruit, lime*)
 Milk Peanut
 Soy Shellfish (*shrimp, lobster, crab*)
 Tomato Strawberry
 Wheat Tree nuts (*almonds, walnuts, pecans, cashews*)

27. Which of the following contain food ingredients that could cause an allergic reaction? Mark **all** that apply.

- Play-doh Toothpaste
 Medicines Lotions & creams

28. Which food component causes allergic reactions? Mark the best answer.
- Protein None of the above
 Fat I don't know
 Carbohydrate
29. Which age group is most likely to have food allergies?
- 0-5 years Greater than 15 years
 6-10 years I don't know
 11-15 years
30. What percent of children with **milk** allergy develop tolerance (or outgrow the allergy)?
- Nearly 0% Between 51% - 75%
 Less than 25% Greater than 75%
 Between 25% - 50% I don't know
31. What percent of children with **peanut** allergy develop tolerance (or outgrow the allergy)?
- Nearly 0% Between 51% - 75%
 Less than 25% Greater than 75%
 Between 25% - 50% I don't know
32. What percent of moderate to severe **atopic dermatitis** is associated with food allergy?
- Nearly 0% Between 51% - 75%
 Less than 25% Greater than 75%
 Between 25% - 50% I don't know
33. How often does timely administration of epinephrine prevent fatal anaphylaxis?
- None of the time Most of the time
 A little of the time All of the time
 Some of the time I don't know
34. Which of the following vaccines are not safe for children with egg allergy? Mark **all** that apply.
- Influenza Measles Mumps Rubella (MMR)
 Varicella (Chickenpox) I don't know
35. Which of the following doses of epinephrine would you prescribe to a child who weighs 60 lbs (27 kg)?
- EpiPen Jr. or Twinject Jr. (0.15 mg of epinephrine)
 EpiPen or Twinject (0.3 mg of epinephrine)
 Neither of the above
 I don't know
36. Which location do you instruct your patients to inject epinephrine autoinjectors (EpiPen or Twinject)?
- Upper arm None of the above
 Lateral thigh I don't know
 Buttock
37. Which of the following are evidence-based recommendations as preventative measures for children at high-risk of developing food allergy? Mark **all** that apply.
- Delaying introduction of specific foods
 Withholding solids until 4 months of age
 Switching from a cow's milk to soy based formula
 I don't know
38. A peanut-allergic child presents to your office after ingestion of peanuts 30 minutes ago. He has diffuse urticarial lesions on his trunk and face and periorbital swelling. Shortly after arrival to your office, he develops repetitive emesis followed by a persistent cough. His vital signs are stable and his exam reveals clear breath sounds but decreased air movement. He is 25 kg. What is the first treatment that you would give to this patient? Mark the best answer.
- Albuterol nebulized treatment 2.5 mg Epinephrine 1:1,000 intramuscular Prednisone 25 mg orally
 Diphenhydramine 25 mg orally Epinephrine 1:1,000 subcutaneous I don't know
39. The Food Allergen Labeling and Consumer Protection Act (FALCPA), which took effect January 1, 2006, mandates that:
- Foods containing milk, eggs, fish, crustacean shellfish, peanuts, tree nuts, wheat, and soy must declare the food in plain language on the ingredient list
 The label must list the FDA-certified color additives by name
 Ingredients must be listed in descending order by weight
 None of the above
 I don't know

40. Which of the following do you think is the most important to help people with food allergies?

- Develop a cure for food allergy
- Improve the treatments of food allergy
- Identify the causes of food allergy
- Promote school education programs about food allergy
- Promote public awareness campaigns about food allergy

Please mark one box for each statement below.

	<u>Strongly Disagree</u>	<u>Disagree</u>	<u>Neither Agree nor Disagree</u>	<u>Agree</u>	<u>Strongly Agree</u>
41. Most people take food allergy seriously.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. Parents of children with food allergy are hypervigilant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. I feel comfortable interpreting laboratory tests to establish a diagnosis of food allergy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. My medical training adequately prepared me to care for food allergy patients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. I am confident in my ability to care for patients with food allergy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. I feel confident that the staff in the local emergency department will discharge patients who've had food allergy reactions with an epinephrine autoinjector (EpiPen or Twinject).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. All classrooms should be nut-free (including peanuts and tree nuts).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. In schools, EpiPen/Twinject should be kept only in nurse/principal/counselor's offices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49. In comparison to federal funding levels of \$400 million per year for asthma research and \$1.2 billion per year for diabetes research, \$10 million per year for food allergy research is sufficient.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<u>Strongly Disagree</u>	<u>Disagree</u>	<u>Neither Agree nor Disagree</u>	<u>Agree</u>	<u>Strongly Agree</u>	<u>Does Not Apply</u>
50. Physicians in a group practice: My partners are knowledgeable about food allergy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Please tell us about yourself.

1. What is your medical specialty? Pediatrics Family Practice Other: _____
2. In what year did you complete your residency? _____
3. How would you describe your practice? Choose Practicing clinician affiliated with an academic center one answer that best fits. Private practice clinician in the community
 Hospital-based clinician
 Other: _____
4. In which zip code is your practice located? _____
5. If you see children in an outpatient setting, on average about how many children (0-18 years) do you see per week? _____ children
6. Please estimate the percentage of your patient population that fall into each insurance category. The total must equal 100%.
_____% Employer-based/Private insurance
_____% Medicaid or other state-funded programs
_____% Uninsured
_____% Unknown
7. Please estimate the percentage of your patient population that fall into each racial/ethnic category. The total must equal 100%.
_____% White
_____% Black/African American
_____% Hispanic/Latino
_____% Asian
_____% Other: _____
_____% Unknown
8. What percentage of your patients have food allergy? None 6-10%
 Less than 5% More than 10%
9. Please estimate the percentage of your food allergy patient population that fall into each racial/ethnic category. This total must equal 100%.
_____% White
_____% Black/African American
_____% Hispanic/Latino
_____% Asian
_____% Other: _____
_____% Unknown
10. Do any of the following people have a food allergy? Me
 Spouse/partner or child
 Relative or close friend
 None of the above

~ Thank you! You have completed this survey. ~