

FPIES SHOCK & EMERGENCY

PREPAREDNESS

Food Protein-Induced Enterocolitis Syndrome is a non-IgE gastrointestinal food allergy. Upon exposure to a trigger food, acute FPIES patients may experience delayed onset profuse vomiting (approximately 2+ hours after exposure) resulting in severe dehydration. This may lead to hypovolemic shock, a medical emergency that requires immediate medical attention.



PLANNING FOR EMERGENCY

- ▶ Once a diagnosis is established, obtain an Emergency Letter from your provider
- ▶ Evaluate severity of previous reactions: Acute vs. Chronic
- ▶ Determine whether to do food challenges at home or in the hospital
- ▶ Utilize medic alert or similar programs
- ▶ Identify two other individuals who can help if an emergency arises



WARNING SIGNS OF SHOCK

- ▶ Persistent vomiting that may be followed by diarrhea
- ▶ Dehydration: Dry lips, unable to make tears, dry diapers or decrease in urination
- ▶ Weakness or “floppy” appearance
- ▶ Pallor or “bluish” appearance/lips
- ▶ Increased heart rate or a pulse difficult to detect
- ▶ Cool, moist skin
- ▶ Dizziness
- ▶ Sleepiness
- ▶ Anxiety
- ▶ Change in affect: disorientation, confusion



EMERGENCY ROOM VISIT

- ▶ Prepare a bag ahead of time inclusive of: hydration, formula (if needed), safe foods, comfort items, change of clothing, medications, ER letter
- ▶ Call ahead and alert your team
- ▶ Assign one person to be your point of contact to share medical updates with family and/or friends
- ▶ Utilize emergency services if needed while driving
- ▶ Request IV team: hot packs, red light, numbing agents
- ▶ Create a calm environment: dim the lights, soft music, your child’s favorite TV show or movie
- ▶ Stay connected to support
- ▶ Ask questions, advocate, provide a detailed history



TREATMENT

- ▶ Intravenous Fluids
- ▶ Ondansetron: IV or IM
- ▶ Steroids
- ▶ Epinephrine has not shown benefit
- ▶ Gut Rest
- ▶ Oral hydration as tolerated



DISCHARGE & RECOVERY

- ▶ Healing takes time
- ▶ If your child is refusing to eat or drink, call your provider or return to the ER
- ▶ Your child may be more emotional and susceptible to stress
- ▶ Go slow: Reintroduce liquids and solids at the pace your child can tolerate
- ▶ Post-reaction diarrhea may be present but will resolve on its own



COPING WITH ANXIETY & PTSD

- ▶ You are not alone
- ▶ Anxiety and trauma are valid emotions and responses to this stress
- ▶ Support is key: family, friends, other FPIES parents
- ▶ Assess where you are on the spectrum
- ▶ Seek out professional support if FPIES has become unmanageable