



# Paediatric nurse-led virtual allergy clinic

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## What to expect at your / your child's virtual allergy clinic appointment.

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### What does this virtual clinic involve?

This nurse-led virtual allergy clinic helps to improve the continuity of care for patients by ensuring babies, toddlers, children and teenagers who have been diagnosed as NOT allergic at their Oral Food Challenge (OFC), continue to eat these foods sufficiently to prevent re-allergy or becoming allergic to these food(s)/milk in the future.

### How is this a virtual clinic?

You and your child do not need to attend the hospital – the clinic is held via telephone calls made by the Paediatric Allergy Nurse Specialist.

### What do these virtual 'follow-ups' involve?

The allergy nurse will ask the parent/carer questions concerning the frequency and type of food(s) that their child is including in their diet. She will also discuss any allergic reactions that may have been observed, or any other concerns. The paediatric allergy nurse can give reassurance concerning any minor reactions and advise on any change of frequency that may be necessary to encourage sufficient inclusion of these foods into the diet. It also provides the opportunity to arrange any further appointments if necessary.

### When and how often will these virtual 'follow-ups' be?

The phone call is made approximately two weeks after completion of the OFC. The follow-up is generally a 'one off' but more will be planned if there have been some minor reactions or refusal to eat adequate quantities.

### If you have any questions about this clinic, please contact:

Fiona Giles or Linda Burke, Paediatric Allergy Nurse Specialist on 07785 338319 or Lucy Stanton, Allergy Administrator on 0118 322 7224 or email: [rbft.paediatricallergy@nhs.net](mailto:rbft.paediatricallergy@nhs.net)

While the clinic is running, we are unable to take calls but answerphones are in use so please leave a message.

**You will receive a text message/letter to confirm your appointment date and time. This will be approximately two weeks after completing your child's OFC.**

**Please ask if you need this information in another language or format.**

RBFT Paediatric Virtual Allergy Clinic, May 2024. Next review due: May 2026

Compassionate

Aspirational

Resourceful

Excellent