

## NEW PEANUT ALLERGY FINDINGS

This one is a game changer! New findings from a study published this spring in the NEJM suggest we change the way we handle infants at risk for peanut allergy. Infants in your practice with severe eczema or egg allergy may benefit from referral to a pediatric allergist to determine if early feeding of peanut is the right decision. Thank you to INAAP member and pediatric allergist Dr. Fred Leickly, MD, for the following article on peanut allergy prevention.

### Peanut Allergy Findings

By Fred Leickly, MD

Do we finally have a breakthrough for the prevention of peanut allergy? A recent study suggests that we may be able to do this in a very specific population of children.

A recent report from the New England Journal of Medicine has caught our attention on this topic: [Randomized Trial of Peanut Consumption in Infants at Risk for Peanut Allergy](#) NEJM 2015; 372:802-813. The following is a review of that

LEAP study- Learning Early About Peanut Allergy. The purpose of LEAP was to see if the early introduction of dietary peanut to infants would prevent peanut allergy.

**Methods-** The study was performed at one site (United Kingdom). The study was randomized, open-label, and controlled. This study enrolled infants from 4 to 11 months of age. They needed to have either *severe eczema, egg allergy, or both.*

Skin prick tests were performed for peanut. Two study groups were created based on the skin test results and these groups were split into peanut eaters and peanut avoiders.

Those infants who were in the peanut consumption group underwent a peanut challenge. Those infants in the peanut eating group were given at least 6 grams of peanut per week in three or more servings per week until age 5 years.

**Outcomes-**the primary goal was to see how many of these children had peanut allergy at age 5 years. Peanut allergy was assessed by doing a peanut challenge.

### Results-

*Study Population-* the median age for screening was 7.8 months.

*Peanut Consumption and Allergy in High-Risk Children-* There were 530 infants analyzed who had a *negative skin prick test*. At 5 years of age 13.7% of the peanut avoidance group and 1.9% of the peanut consuming group had peanut allergy. This was an 86.1% decrease in peanut allergy prevalence.

There were 98 children who had a *positive skin prick test* to peanut. At 5 years of age, 35.3% of the avoidance group and 10.6% of the peanut consuming group were allergic to peanuts. This was a 70% relative reduction in the prevalence of peanut allergy. **(Article Cont'd on page 2)**

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## PEANUT ALLERGY FINDINGS (CON'T)

### Discussion-

Among infants who have high risk atopic disease (severe eczema and/or egg allergy) continued peanut consumption starting in the first 11 months of life, compared to peanut avoidance, resulted in a significantly smaller proportion of children with peanut allergy at age 5 years.

### Reviewers Comments

There are so many thing to share about this paper.

- ◆ The diagnostic tool for screening was the skin prick test.
- ◆ The children had to have :
  - ⇒ Severe eczema
  - ⇒ Egg allergy
  - ⇒ One or both of the above
- ◆ Food Challenges – need to be performed

This is the population studied and the population to which the results can be extended. Timing is critical- 4-11 months of age. You would want to start this before the skin prick test wheal size becomes greater than 4 mm. The authors noted that in those infants who are sensitized to peanut the early exposure per this protocol may stop the progression of sensitization/allergy.

Authored by: Frederick E. Leickly, MD, MPH

## STOCK EPINEPHRINE FOR SCHOOLS

INAAP has been involved with the passage and implementation of SB245, which passed in 2014 and allows schools to stock unassigned epinephrine. INAAP's Vice President, Sarah Bosslet, MD has been a champion on this issue. Find out all the details about how to ensure your communities have unassigned epinephrine available by [clicking this link](#). Look for more details on unassigned epinephrine to be posted to our Facebook, Twitter, and INAAP website during the coming months, as we post updates as this issue continues through its implementation phase.

Click on this link to share the [Top 10 Reasons Schools Should Stock Epinephrine](#). Post it to social media, send it to the schools in your community, and give it to your patients to encourage them all to stock epinephrine in schools to keep children safe.

## ASTHMA

INAAP, in collaboration with the Indiana Joint Asthma Coalition, has developed a standardized asthma action plan for use at home and school. [Click here to see the standardized form](#).

Our INAAP Committee on Children with Special Health Needs and Chronic Conditions, under the direction of Mary McAteer, MD is working on other asthma-related projects as well. If you would like to learn more or join the committee, contact Jean Caster at [aap.indiana@gmail.com](mailto:aap.indiana@gmail.com).

Are you interested in learning more about asthma, allergy and/or anaphylaxis care within the medical home? Look no further! The Indiana chapter is involved in an American Academy of Pediatrics (AAP) program, *Medical Home Chapter Champions Program on Asthma, Allergy and Anaphylaxis*, and as your chapter champion, Dr. McAteer can serve as a resource to you for this as well. [Click here for more information](#).

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## INAAP'S 2015 ANNUAL MEETING

### —HUGE SUCCESS!

INAAP hosted its 2015 Annual Meeting and Luncheon in Indianapolis on May 15th, in conjunction with the 50th Annual Indiana University Riley Children's Conference.

This year, in addition to announcing the winner's of the Chapter's Annual Awards, in conjunction with its luncheon, INAAP hosted an event entitled "Speed Dating with YOUR Indiana Chapter." This event was the brain child of INAAP President, Nancy Swigonski, MD, MPH and INAAP Vice President, Sarah Bosslet.

Luncheon attendees were seated at seven different tables for the luncheon and after eating, the Chairs of INAAP's seven committees were disbursed amongst the tables. Following the luncheon, the Committee Chairs talked about the work of their respective committees for a few minutes and then allowed the luncheon attendees to discuss their own issues and needs. After 10 minutes, the Committee Chairs rotated to the next table. We had so many compliments regarding the "speed-dating" format—including from the AAP District V Vice Chair, Jerry Tiberio, MD who resides in

Ohio. Dr. Tiberio said he was going to suggest that the Ohio Chapter of the American Academy of Pediatrics try a similar speed-dating format at one of their next meetings!

## INAAP ANNOUNCES ANNUAL AWARD WINNERS

Also as part of the Annual Meeting, INAAP made presentations of its four Annual Chapter Awards:

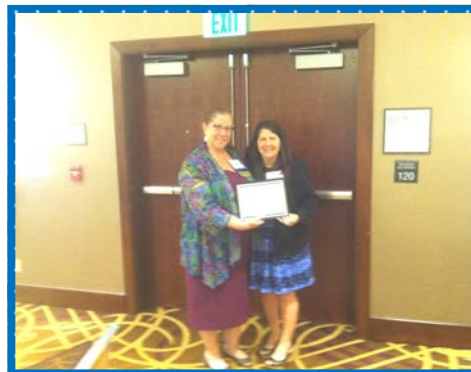
**The Irving Rosenbaum Community Pediatrics Recognition Award** for distinguished service to children: Awarded to Mary Ciccarelli, MD, nominated by Nancy Swigonski, MD, MPH. (See picture below).

**The Edwin L. Gresham Award** for advancing the care of newborns: Awarded to Anne Eliades, MD; nominated by Carolyn Lytle, MD., MPH

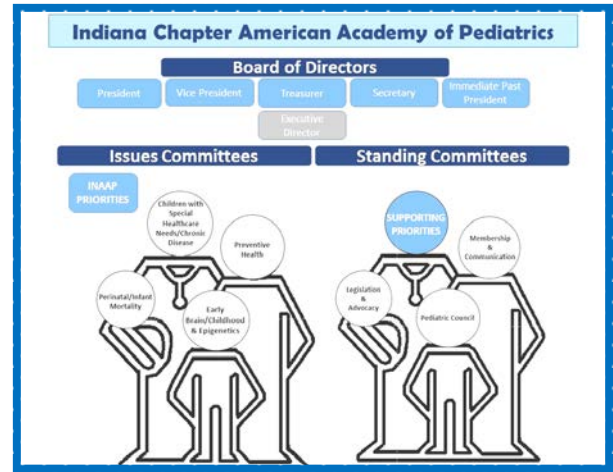
**The Community Service Award** for significant contributions to the welfare of children: Awarded to Krista Davis nominated by Deanna Reinoso M.D.

**The Virginia Wagner Memorial Award** to recognize service to children: Awarded to Virginia Hem, MD nominated by Richard Reifenberg, MD.

Thank you to everyone who took time to send in nominations for these important awards!



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## MORE ABOUT INAAP'S ANNUAL MEETING

During the Speed-dating portion of INAAP's Annual Meeting held last month, each of INAAP's seven Committees had an opportunity to sit down with attendees and discuss their respective priorities and recent activities. Below are some of the highlights of INAAP's Committee priorities.

### Children With Special Health Care Needs/Chronic Disease Committee – Mary McAteer, MD

Asthma  
Stock Epi-pen For Schools Implementation

### Early Brain/Childhood & Epigenetics Committee – Katie Swec, MD

Renewal of Reach Out and Read (ROR) at the statewide level  
Support of universal high quality preschool  
Statewide developmental screening

### Perinatal/Infant Mortality Committee – Emily Scott, MD

Infant Mortality - Safe Sleep  
Neonatal Abstinence Syndrome  
Improving Prenatal Care

### Preventive Health Committee – Richard Reifenberg, MD

Vaccine Access – HPV  
Headstart Access  
Improving LARC (Long Acting Reversible Contraception) access in adolescents

### Standing Committees

#### Legislative And Advocacy Committee – Joseph O'Neil, MD

Anti-Smoking Efforts – Including child proof packaging of e-nicotine products  
Fall Legislative Forum

#### Membership And Communication Committee – Carolyn Lytle, MD, MPH

Increasing Membership  
Medicaid Survey of Membership  
AAP Resolutions

#### Pediatric (Payor) Council – Edward Liechty, MD

Medicaid Advisory Committee  
Medicaid Administrative Burdens

If you would like to join one or more of these Committees, please contact Jean Caster at [aap.indiana@gmail.com](mailto:aap.indiana@gmail.com)



**LUIS ESCOBAR, MD,  
NAMED AAP  
DISTRICT V REGIONAL  
NETWORK  
LIASION**

Luis Escobar, MD, (pictured above) medical director, Medical Genetics & Neurodevelopmental Center at Peyton Manning Children's Hospital at St. Vincent, has been named regional network liaison for District V of the American Academy of Pediatrics that includes Indiana, Michigan and Ohio.

The regional liaison will help Pediatric Champions for the AAP's Early Hearing Detection & Intervention Program in cooperation with the Centers for Disease Control and Prevention and the Maternal & Child Health Bureau of the federal Health Resources and Services Administration.

Dr. Escobar will implement methodology and quality guidelines development that will improve the care of children with hearing loss.

Dr. Escobar, a geneticist and neonatologist, developed the genetics program at St. Vincent and directs the hospital's multidisciplinary Down Syndrome Clinic. Congratulations Dr. Escobar!

There are many different ways for you to serve your Indiana Chapter! Contact Jean Caster at [aap.indiana@gmail.com](mailto:aap.indiana@gmail.com) to learn more!

## INAAP'S MEETING SCHEDULE

INAAP now hosts monthly meetings, on the third Wednesday of every month from 6:00 to 7:30 p.m. (the complete list of upcoming meetings for the rest of the year is on the next page).

We have found a terrific new meeting location at the Joseph Maley Foundation, on the northwest side of Indianapolis, 7128 Lakeview Parkway West Drive, Indianapolis, IN, 46268, which we hope will become permanent. If you live too far away to attend in person, we also have a teleconferencing option.

On the third Wednesday of the odd numbered months, (Jan, March, May, which is the Annual Meeting, July, Sept, Nov) the INAAP Board (officers, members-at-large, and committee chairs) hosts a meeting. The goal of these meetings is to get updates from committees on their goals and progress, review INAAP's budget, address any organizational matters, and plan for upcoming events such as our Annual May Meetings and our Fall Legislative and Advocacy Forums. Even though this meeting is specifically geared toward the INAAP Board, it is an open meeting and all are welcome.

On the third Wednesday of every even numbered month (Feb, April, June, August, Oct, and Dec), we hold our Issues Committee Meetings. At these meetings our four Issues Committees (Early Brain and Epigenetics; Perinatal and Infant Mortality; Preventive Health; and Children with Special Health Needs and Chronic Diseases) meet. Please join one of these topical areas, attend in person or via phone and expand your impact on Indiana children.

The next meeting will be held on July 15th from 6:00 to 7:30 p.m. at the Joseph Maley Foundation Office at 7128 Lakeview Parkway West Drive, Indianapolis, IN, 46268. Please let us know if you would like to either of these meetings at [aap.indiana@gmail.com](mailto:aap.indiana@gmail.com) as dinner will be served and we want to be sure of an accurate count!

## CASTER RESIGNS INAAP ED POSITION

Jean Caster, who has served as INAAP's part-time Executive Director for three and a half years has accepted a full time position with Anthem and will be resigning as INAAP executive director effective in mid-June. The INAAP Officers have met, along with INAAP's current assistant, Emily Kleiman who many of you have met during her tenure with us for the past several months. Together, Jean, the INAAP Officers, and Emily have developed a transition plan through the summer and goals for hiring of INAAP's next executive director.

Emily will be with INAAP through the month of June; (she will be starting medical school in July). Over the next few weeks Emily will be training her replacement, Kyle Baugh. Kyle graduated from IU Bloomington this May, and has a double major in Chemistry and Biology. She is applying to medical school now, and is hoping to enter the class of 2020. Kyle will be taking Emily's position for the next year with INAAP as well as working with Dr. Swigonski, INAAP's President.

Kyle and her family currently live in Indianapolis. She is a hard worker, dedicated, organized, and a responsible leader; not to mention, friendly, respectful, and enjoyable to work with. She has experience working with people in retail as well as in a patient-care setting through the Bloomington Hospital Emergency Department Internship Program. We look forward to working with Kyle and know that Emily will do a tremendous job training her!

The Officers have discussed several ideas of people who may be interested in the ED position, as well as others who may have recommendations for our search. As of now, INAAP plans to try to pursue hiring a new ED without utilizing a consulting firm. later in the summer.

The INAAP Officers have also discussed ways to add hours to the ED position, making it closer to a full time position. As many of you know, it is difficult to

accomplish the many tasks involved in running the Chapter at only 20 hours per week.

Should you have suggestions for a replacement, feedback on the process, or want more information about plans for this, contact Dr. Swigonski or Dr. Bosslet.

In the meantime, for general INAAP questions or needs, use our new email addresses our new email address at [Aap.indiana@gmail.com](mailto:Aap.indiana@gmail.com) and Emily and/or Kyle will assist you. Remember, too, that the website is currently being rebuilt. This process we hope to have completed by mid-August. Emily and Kyle will keep you updated on this as well.

When asked about her new opportunity, Ms. Caster said, "I will be working on HIP 2.0 implementation with Anthem, and while I am very excited about this new opportunity, I will miss many things about working with the INAAP Chapter members. I can honestly say that I have never worked with a more mission driven group of individuals in my life, and it has been both an honor and a privilege to serve as the INAAP ED for the past 3 and a half years."

Again, if you know persons who may be interested in pursuing INAAP's Executive Director position, please have them contact, Dr. Swigonski, or Dr. Bosslet. Thank you!

## A FEW PICTURES FROM INAAP'S ANNUAL MEETING



INAAP Members hold signs "I Am An INAAP Member Because \_\_\_; or I Advocate For Children Because \_\_\_" at INAAP's Annual Meeting Booth

## INAAP'S MEETING SCHEDULE FOR THE REMAINDER OF 2015

<b>INAAP Board Meeting</b> (Includes: INAAP Officers, Members-at-Large, Standing Committees, and at a representative from each Issues Committee)	<b>July 15, 2015</b> 6:00 -7:30 p.m.
<b>INAAP Issues Committees</b> (Includes: Early Brain; Perinatal; Preventive & Children With Special Health Needs Committees)	<b>August 19, 2015</b> 6:00 -7:30 p.m.
<b>INAAP Board Meeting</b> ((Includes: INAAP Officers, Members-at-Large, Standing Committees, and at a representative from each Issues Committee)	<b>September 16, 2015</b> 6:00 -7:30 p.m.
<b>INAAP Issues Committees</b> (Includes: Early Brain; Perinatal; Preventive & Children With Special Health Needs Committees)	<b>October 21, 2015</b> 6:00 -7:30 p.m.
<b>INAAP Board Meeting</b> ((Includes: INAAP Officers, Members-at-Large, Standing Committees, and at a representative from each Issues Committee)	<b>November 18, 2015</b> 6:00 -7:30 p.m.
<b>INAAP Issues Committees</b> (Includes: Early Brain; Perinatal; Preventive & Children With Special Health Needs Committees)	<b>December 16, 2015</b> 6:00 -7:30 p.m.

If you would like to attend one of our meetings, just send an email to  
[Aap.Indiana@gmail.com](mailto:Aap.Indiana@gmail.com)

## MORE PHOTOS FROM INAAP'S 2015 ANNUAL MEETING!

