

INTRODUCTION AND OVERVIEW

Immunoglobulin E (IgE)-mediated food allergies affect millions of children and adults in the United States and carry a substantial clinical and psychosocial burden, including the risk of severe allergic reactions and diminished quality of life. Despite advances in treatment and prevention, practice gaps remain in translating emerging evidence and current recommendations into individualized patient care.

This educational initiative was designed to strengthen nurse practitioner (NP) knowledge and competence in the prevention and management of IgE-mediated food allergies, including the integration of novel therapies and evidence-based strategies for early allergen introduction.

Learning Objectives

- Examine the prevalence, clinical gravity and pathophysiology of food allergies, with emphasis on the central mediating role of IgE.
- Identify clinical practice gaps in the traditional management of food allergies, highlighting the shortcomings of oral immunotherapy (OIT) and the burden of food allergen avoidance.
- Evaluate the clinical trial evidentiary base for monoclonal antibodies (mAbs) as novel therapeutic approaches to food allergy, including ongoing studies and recent regulatory milestones.
- Design individualized treatment plans to safely and effectively reduce allergic reactions in patients with IgE-mediated food allergies in congruence with the latest data and available therapeutics.

PROGRAM OVERVIEW



Live Symposium

- Date: June 20, 2025
- Location: AANP 2025 National Conference



On-Demand Conference

- Dates: June 27-Aug 4, 2025
- Location: AANP Virtual Conference



Enduring On-Demand Program

- Dates: June 27, 2025 - June 26, 2026
- Location: AANP CE Center

1.0 hours of AANP CE Credits for each activity, including 1.0 hour of pharmacology.

METHODS

Learners completed pre- and post-activity knowledge, competence and evaluation questions aligned with learning objectives. A paired analysis was conducted using McNemar and Wilcoxon tests to assess changes ($P \leq 0.05$). Software included Microsoft Excel (aggregating data) and Stata 18.5 (statistical analysis). Effect size (ES) quantified magnitude of change (0.10 = Small, 0.30 = Medium, 0.50 = Large). Demographics and intent-to-change responses were analyzed descriptively.

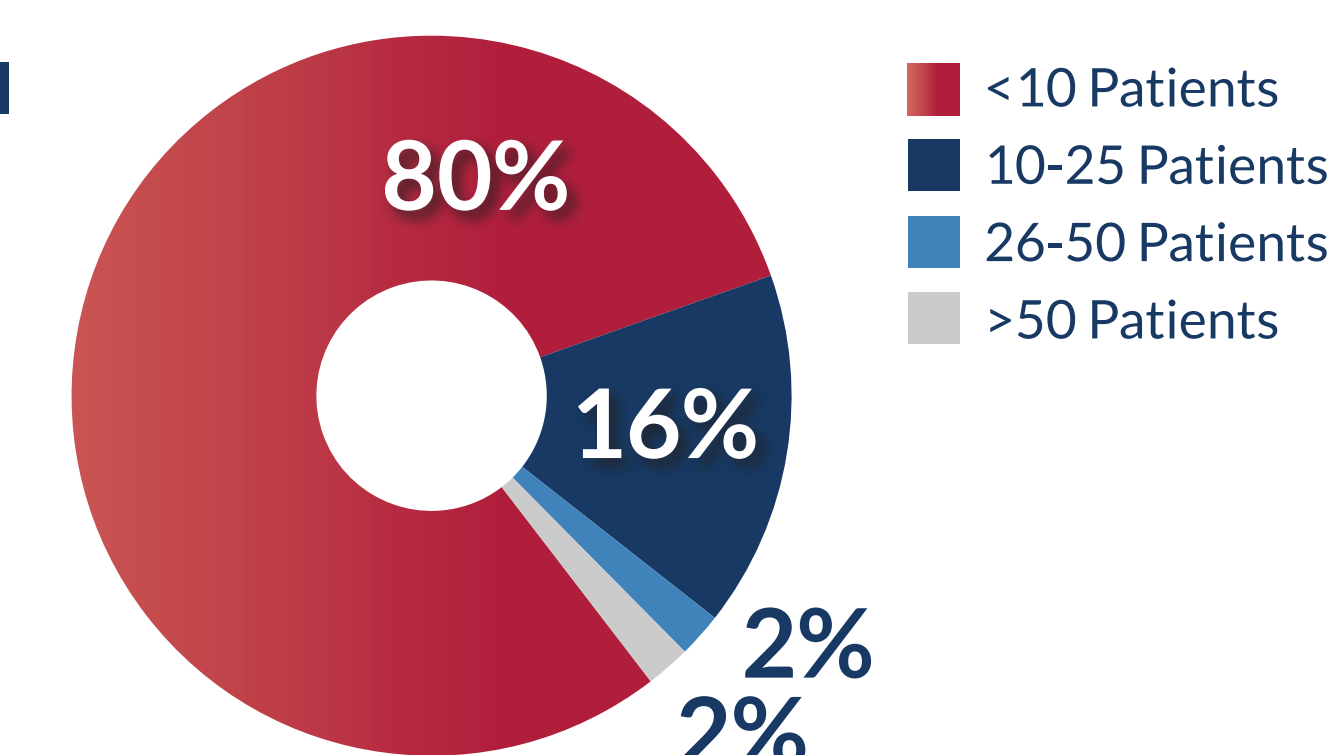
RESULTS

LEARNERS AND PATIENTS

7,174 Registrations → **5,240** Completions

- 134% of Expected 1-Year Registrations.
- 116% of Expected 1-Year Completions.

- Of the patients you will see in the next week, how many will benefit from the information you learned today?

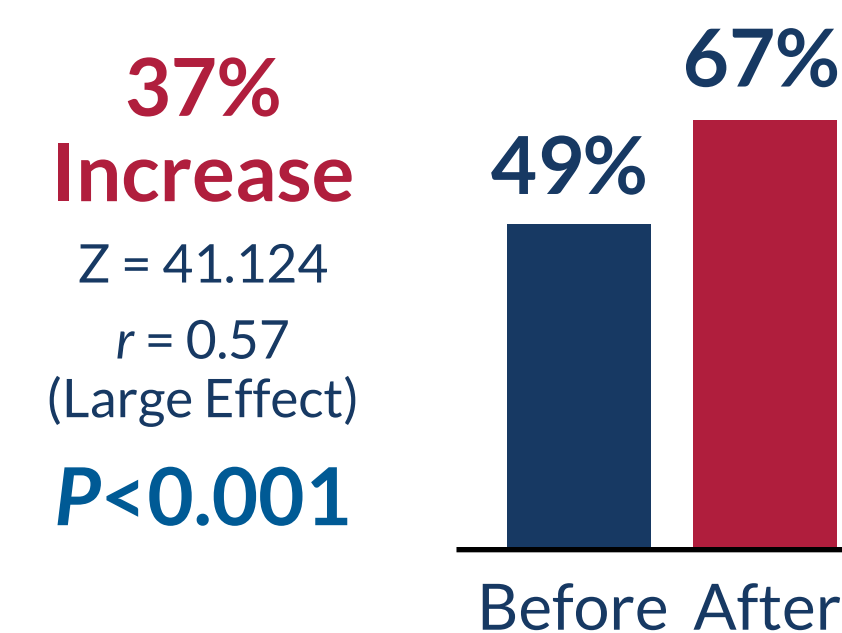


Total Patients Seen per Week Who Were Impacted by This Educational Activity:

70,409

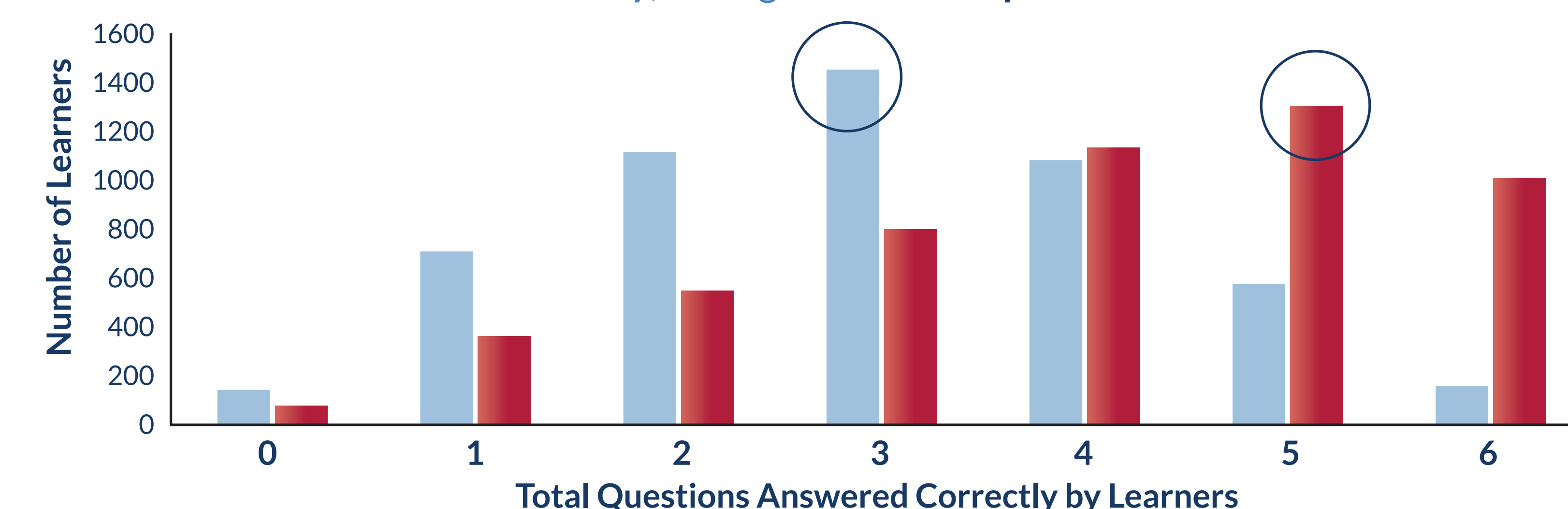
KNOWLEDGE AND COMPETENCE

Change in Total Correct Answers



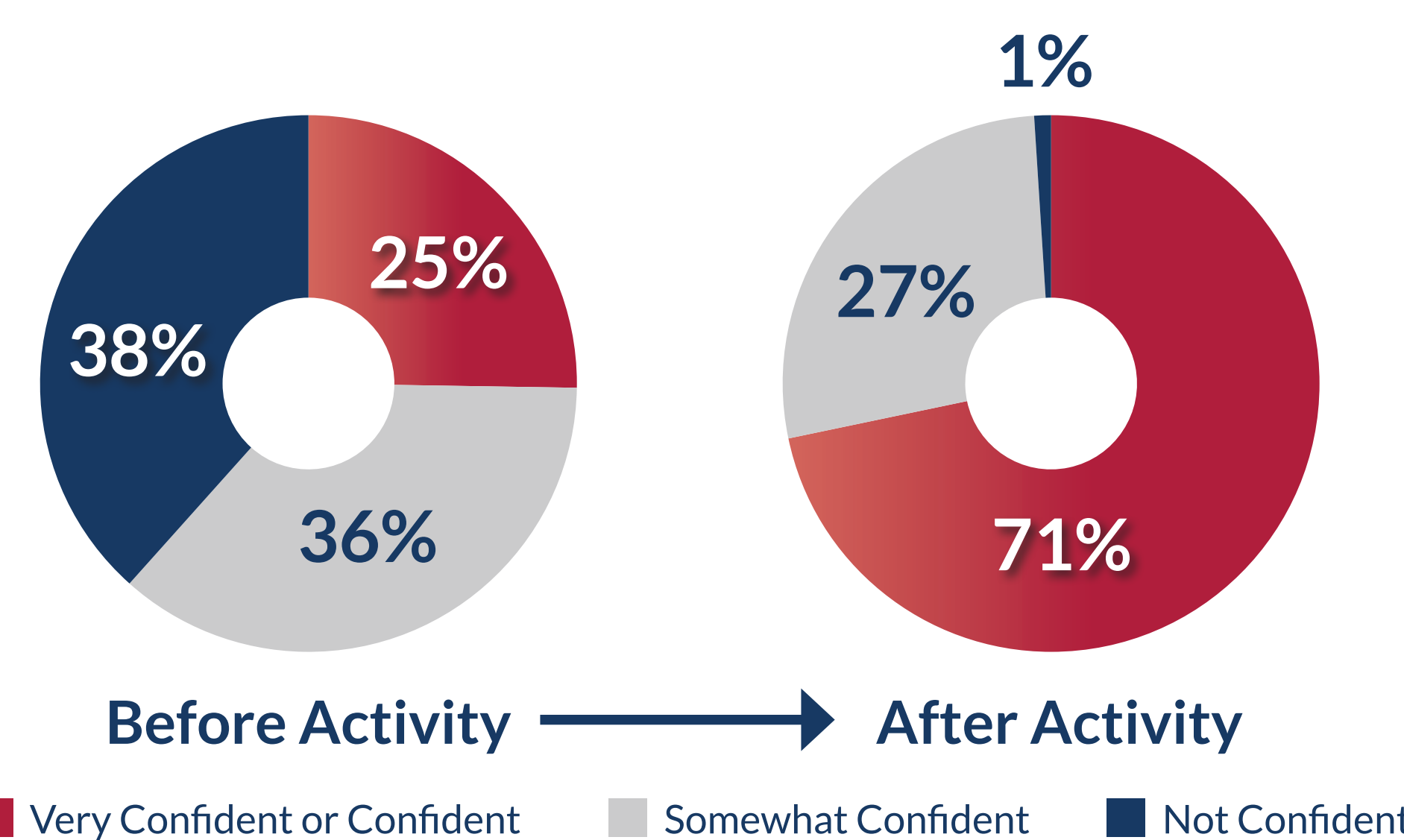
- Learners demonstrated statistically significant ($P < 0.001$) increases in correct answers across ALL six pretest/posttest questions.

Prior to the activity, most learners got 3 out of 6 questions correct, whereas after the activity, most got 5 out of 6 questions correct.



CONFIDENCE IN ABILITY

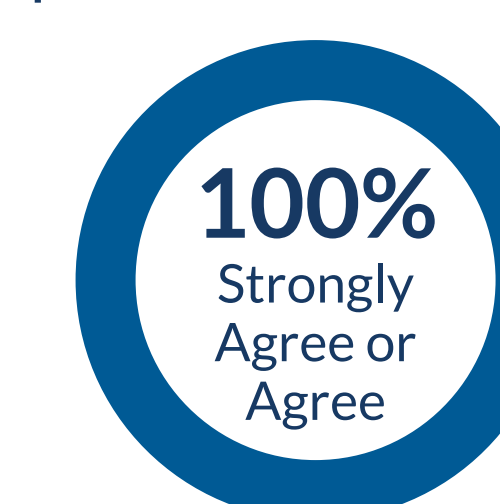
- How confident are you in your ability to implement safe, effective food allergy treatment and/or prevention plans using the latest evidence, expert consensus and shared decision-making?



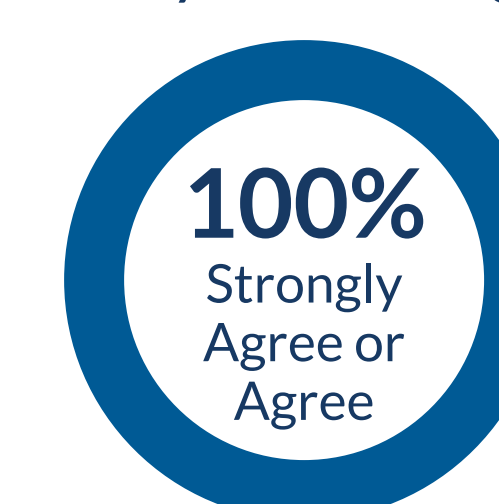
- Confidence in ability nearly tripled (increased 184%) ($P < 0.001$).

SATISFACTION

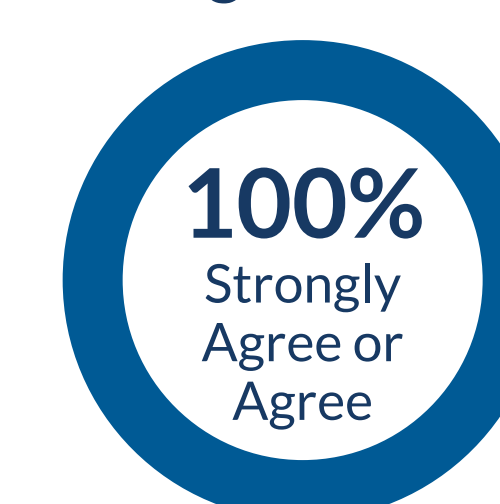
The Speakers Have Experiential Knowledge



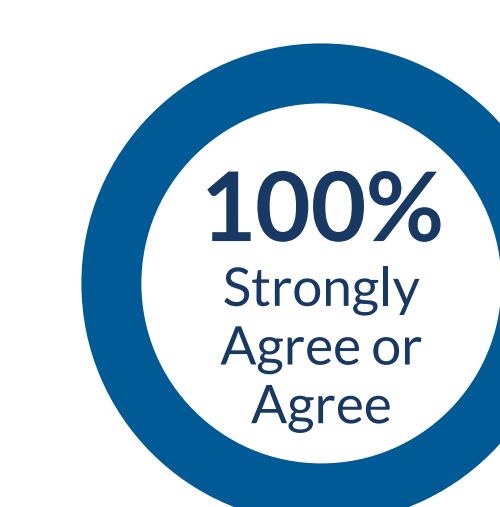
I Would Recommend This Activity to Colleagues



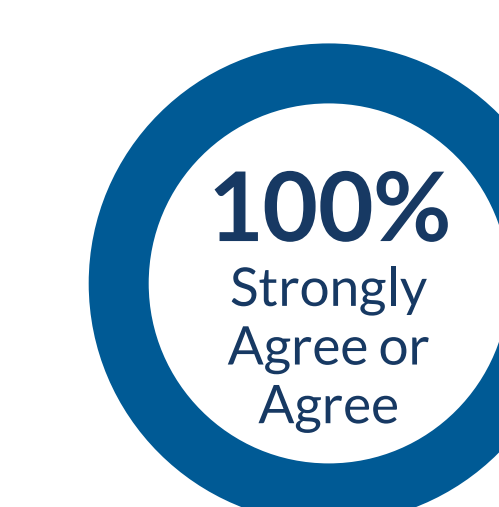
Activity Enhanced My Knowledge of This Topic



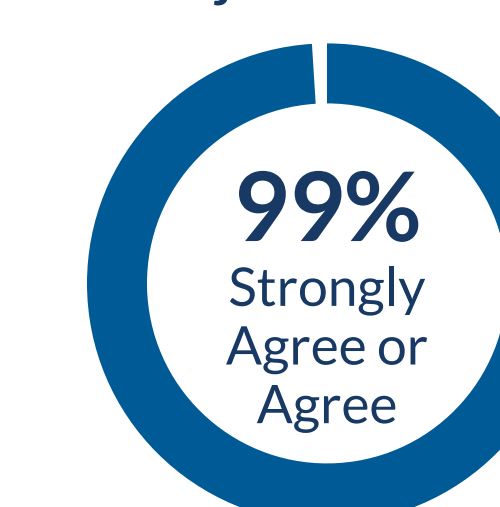
Content Was Evidence-Based



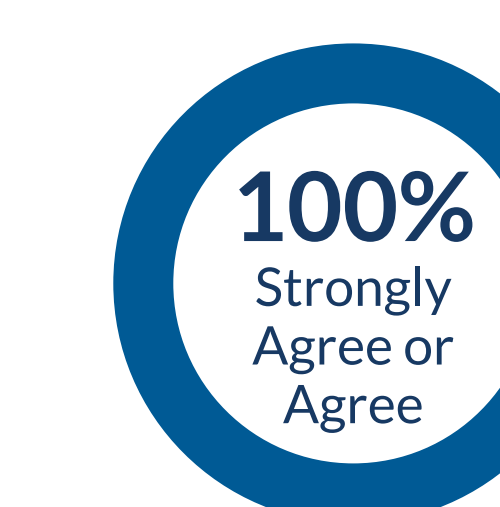
Activity Free of Commercial Bias



All Learning Objectives Met



Content Was Fair and Balanced



CONCLUSION

This educational initiative demonstrated meaningful improvements in nurse practitioners' knowledge, competence and confidence in the management and prevention of IgE-mediated food allergies.

Significant gains were observed across all six assessment questions ($P < 0.001$), with the most common score increasing from 3 of 6 correct answers before the activity to 5 of 6 after the activity and a 37% increase in overall correct responses. The large effect size ($r = 0.57$) further demonstrated a meaningful educational impact.

Learner confidence in implementing evidence-based food allergy treatment and prevention strategies increased by 184%, and 69% of practicing learners reported no barriers to applying what they learned.

These findings support continuing education focused on the evolving treatment landscape, early allergen introduction and practical application of evidence-based strategies in patient care.