

## Checklist for patients with food allergy transitioned to GP care

### 1. Is the allergy persistent

- Have there been any recent exposures/reactions?
- Has there been a significant reduction in the skin test reaction or sIgE to the allergen?
- Should they be referred for a food challenge?

### 2. Review current management

- Is there an [up to date action plan](#)?
  - Does the patient understand it?
  - Is the EpiPen current/available?
  - Is antihistamine available?
- Can the patient [demonstrate how to use the EpiPen](#)?
- Review asthma control
- Other issues e.g.
  - nutritional adequacy,
  - calcium requirements,
  - anxiety

### 3. Future risk assessment and management

- Risky occupation/activities
- Overseas travel
- Useful resources for risk management for teens and young people at <https://250k.org.au/>
- Should they have a [medic alert bracelet](#)?