

Food allergy in children and  
young people

## **Glossary of terms**

Implementing NICE guidance

2011

This glossary of terms is an extract from the clinical guideline: 'Food allergy in children and young people' (available from [www.nice.org.uk/CG116](http://www.nice.org.uk/CG116)).

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This is a support tool to help guide people to resources that may support the implementation of NICE guidance.

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## Introduction

NICE has produced this glossary of terms to help people involved in putting the NICE guideline 'Food allergy in children and young people into practice'.

It is an extract from the full version of the guideline which is available at [www.nice.org.uk/CG116](http://www.nice.org.uk/CG116)

The glossary of terms may be useful for those who are not familiar with the medical terms used in the guideline. For example, it could be used to support a training session or discussion of the guideline.

## Glossary of terms

### *Anaphylaxis*

A severe, life threatening, generalised or systemic hypersensitivity reaction, characterised by rapidly developing life-threatening airway, breathing and/or circulation problems, usually associated with skin and mucosal changes.



Anaphylactic rash

## ***Angioedema***

Swelling, similar to hives, except that the swelling is beneath the skin rather than on the surface.



Angioedema

## ***Atopic eczema***

A chronic inflammatory skin condition characterised by an itchy red rash that favours the skin creases such as folds of elbows or behind the knees. The word 'atopic' in the term atopic eczema is an indicator of the frequent association with atopy and the need to separate this clinical phenotype from the ten or so other forms of eczema such as irritant, allergic contact, discoid, venous, seborrhoeic and photosensitive eczema. The terms **atopic eczema** and **atopic dermatitis** are synonymous<sup>1</sup>

## ***Co-allergen***

An allergen commonly found to be present in association with another.

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<sup>1</sup> Definition taken from: Atopic eczema in children, NICE clinical guideline 57 (2007)  
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## ***Dysphagia***

Difficulties with swallowing.

## ***Eosinophilic oesophagitis***

An inflammatory condition of the oesophagus, usually presenting with difficulty in swallowing or as gastro-oesophageal reflux in infants.

## ***Erythema***

Redness<sup>1</sup>

## ***Food allergy***

An adverse immune response to a food. It can be classified into IgE-mediated and non-IgE-mediated reactions (see below)

## ***Gastro-oesophageal reflux disease***

A chronic digestive disease that occurs when the contents of the stomach, including acid, flows back (refluxes) into the oesophagus (gullet).

## ***IgE (Immunoglobulin E)***

Immunoglobulin E (IgE) is a class of antibody. It triggers an excessive activation of certain white blood cells called mast cells and basophils resulting in an extreme inflammatory response.

## ***IgE-mediated reaction***

An allergic reaction caused by IgE antibodies, which is acute and frequently has rapid onset.

## ***Laryngeal stridor***

A harsh inspiratory noise due to swelling of the larynx, suggestive of upper airway obstruction.

## ***Non-IgE-mediated reaction***

This type of allergy is not caused by IgE antibodies (it is usually because of cell reactions in the immune system). These reactions are generally characterised by delayed and non-acute reactions.

## ***Pruritus***

Itchy skin.

### ***Systemic allergic reaction***

An allergic reaction involving parts of the body distant to the actual site of allergen contact.

### ***Urticaria***

Raised, red, itchy welts (weals or swellings) of various sizes that seem to appear and disappear on the skin.



Urticaria

## Other resources to support learning

The following versions of NICE clinical guideline 116 are available from [www.nice.org.uk/guidance/CG116](http://www.nice.org.uk/guidance/CG116):

- The NICE guideline – all the recommendations.
- A quick reference guide – a summary of the recommendations for healthcare professionals and patient pathway algorithms.
- ‘Understanding NICE guidance’ – information for patients and carers.
- The full guideline – all the recommendations, details of how they were developed, and reviews of the evidence they were based on.

For printed copies of the quick reference guide or ‘Understanding NICE guidance’, phone NICE publications on 0845 003 7783 or email [publications@nice.org.uk](mailto:publications@nice.org.uk) and quote:

- N2442 (quick reference guide)
- N2443 (‘Understanding NICE guidance’).

### ***Implementation tools***

NICE has developed tools to help organisations put this guidance into practice (listed below):

- [Slide Set](#) - highlights key messages from the guidance
- [Costing reports](#) – to help estimate the financial impact to the NHS of implementing the guidance.
- [Audit support](#) for monitoring local practice.
- [Baseline assessment tool](#) – to help identify which areas of practice may need more support, decide on clinical audit topics and prioritise implementation activities.

## Acknowledgements

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- Mandy East, National Allergy Strategy Group
- Members of the Guideline Development Group who developed the NICE guidance.

## What do you think?

Did this implementation tool meet your requirements, and will it help you to put the NICE guidance into practice?

We value your opinion and are looking for ways to improve our tools. Please complete a short evaluation form by clicking [here](#).

If you are experiencing problems accessing or using this tool, please email [implementation@nice.org.uk](mailto:implementation@nice.org.uk)