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## Allergic disorder prevention: Is there a way? An integrative literature review

Ashley R Trieby-Kreitler  
Emerson Hospital, USA

**Aim:** An integrative literature research review was conducted in September 2017 through January 2018 to examine the relationship between infant feeding guidelines, early food introduction, the rate of allergic disorder development and interventions to reduce the overall economic burden.

**Methodology:** An internet search for primary research articles done through the electronic databases MEDLINE, CINAHL, EBSCOhealth Information Services and Google Scholar made available through the MCPHS library and the medical library at Emerson Hospital. The articles chosen discussed prevention methods and costs associated with allergic disorders. All other articles were excluded.

**Results:** A total of 14 articles were chosen to be critiqued that included research on allergic disorders, the interventions used to reduce the rate of allergic disorders and the financial burden on the economy. Ten of the studies indicated there is a protective relationship between early food introduction and allergic disorder development, several studies were completed as an intention to treat analysis, but the studies need replications to ensure their validity.

**Conclusion:** There is a limited up-to-date research on the prevention of allergic disorders due to multiple confounding variables. Allergic disorders are more prevalent in the United States today and pose a financial burden at the patient and economic level. Potential prevention methods administered in infancy may decrease the rate of allergic disorders and the overall financial burden on society.

ashleykreitler@gmail.com