Primary Care Guidance: POLLEN FOOD SYNDROME (PFS) IN CHILDREN

Healthier Together
Local advice and support to help manage and improve the health and wellbeing of babies, children, and young people

NHS

Parent presents with concerns about allergy

Is this Pollen Food Syndrome?

- Allergic reaction to raw plant food
- Mild oropharyngeal symptoms only
- History of hay fever or positive test for pollen

YES

Has reacted to one or more of the following
- RAW fruits eg apple, stone fruit, pear, kiwi
- RAW vegetables eg carrots, celery, tomato, edamame beans
- Soya milk, soya protein powder

Symptoms are **ONLY** mild oropharyngeal itching and/or swelling after touching the lips and/or within 10 minutes of eating

MANAGEMENT

- Advise avoiding **only those raw foods** which have already provoked symptoms
- Provide patient information leaflets on PFS - https://www.allergyuk.org/resources/oral-allergy-syndrome-pollen-food-syndrome-factsheet/
- Treat co-morbidities such as rhinitis, asthma and eczema
- Useful additional information leaflet for Primary Care Clinicians

UNSURE

Refer

- Routine referral to secondary service
- Details of symptoms and whether triggers include cooked/raw foods will help assess risk.
- People with PFS do not need AAI

Please be aware that certain nuts previously well tolerated e.g. hazelnut/peanut/almond/walnut can cross-react with pollen.
However, we would always recommend referring for an opinion.

This guideline involved extensive consultation with healthcare professionals in Frimley and Wexham

This document was arrived at after careful consideration of the evidence available including but not exclusively NICE, SIGN, EBM data and NHS evidence, as applicable. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient in consultation with the patient and / or carer. April 2024 Review Date April 2027