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Food allergy in schools guide: a practical approach on management

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Resumo

Introduction: Food allergy is a growing problem and its epidemiological outline reflects a current and future public health problem. While the number of children with food allergies in a school may seem small, the possible severity of allergic reactions and inherent restrictions mean that the impact on children, families and the school itself is considerable. Bearing in mind that Portuguese children spend the most hours at school, especially in primary education [1], the school community assumes particular responsibility for their safety. **Objectives:** The objective of this work was to develop practical guide for the definition of policies for food allergy management on school setting. **Methods:** A review of literature on the topic of food allergies in school setting was conducted, considering the state of the art and the guidelines developed by other countries (United Kingdom, Spain, United States of America, Canada and Australia). A guide adapted to the reality and the Portuguese legal framework was later developed. **Results:** A guide concerning the practical management of food allergies in school setting was developed. Six major

general recommendations were drawn: 1. The school must have a food allergy management plan; 2. The student must have an individual health plan; 3. The school must establish emergency procedures; 4. Training of all employees must be promoted 5. The training of children and young people should be promoted; 6. Awareness of the entire school community must be promoted. For each recommendation, implementation strategies were suggested. The guide also features a best practice guide to reduce the risk of exposure to food allergens in different school sites.

Conclusions: We expect that this guide can be a useful tool in the development of food allergy management policies at school, namely in the training required under the "Food Allergy at School" regulation published in February 2022 by the Portuguese Ministry of Health. It is reinforced, however, that the approach to food allergy in a school environment depends on close collaboration between families, the health team and the school itself and the school community and that this should always be carried in a positive and inclusive perspective.

Keywords: food allergy; school; allergy management

References:

[1] OECD. Education at a Glance 2021: OECD Indicators. 2021.

POSTER 83

Improving the antitumoral activity of second-generation antimitotics

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Resumo

Introdução: O cancro oral está associado a índices de mortalidade elevados [1]. Diversas estratégias terapêuticas são utilizadas na terapia do cancro oral, como os agentes anti-microtúbulos. Estes apresentam

elevada toxicidade e resistência tumoral, comprometendo uso. Consequentemente, os antimitóticos de segunda geração (SGAs) [2], têm como alvo proteínas mitóticas não associadas aos microtúbulos, foram desenvolvidas como