

Name & email supervisor(s):

Miriam Santer
Ingrid Muller
Leanne Morrison
Liz Angier

Length and dates of internship:

4 weeks in June or July 2024 – exact dates depending on preference of student

Host department:

Primary Care, Population Sciences and Medical Education, University of Southampton

How will the internship be conducted:

- ☐ In person at the university
☐ Virtual/ from home
☒ Both are possible, depending on preference of student

Title internship project:

Experiences and views of young people with food allergy at risk of anaphylaxis: a qualitative interview study

Summary of the internship project: *(max 250 words, can include hyperlinks to further information)***Background**

Anaphylaxis is a severe allergic reaction and young people with food allergy are at particularly high risk. Approximately 20 people die in the UK each year from anaphylaxis but many more suffer substantial impact on their quality of life, including through the burden of avoiding allergens and fear of anaphylaxis. Self-management avoids avoiding trigger foods, carrying an adrenaline auto-injector and being confident in when/how to use this. For young people there can be particular challenges as they transition from parental management of allergy to self-management and independence.

Methods

Qualitative interview studies with young people aged 13 to 25 years at risk of food allergy anaphylaxis and their carers recruited through a range of settings, including primary care and advertising via community/social media. Participants will be purposively sampled to ensure a range of gender, ages, ethnicity, and allergy history. Interviews will be predominantly remote via teleconferencing software. University and HRA ethics approvals have already been obtained for this study.

Impact

This work is part of a programme of research aimed at developing resources to support young people's self-management of food allergy and anaphylaxis.

Learning objectives:

- Gain skills and experience in carrying out qualitative data collection
- Learn about clinical management of food allergy and anaphylaxis
- Gain greater insight and understanding into the needs of young people living with a long term health condition, particularly food allergy and anaphylaxis

Any further information: