

From: John Dray john@flirdy.co.uk
Subject: Re: Managing my Chocolate/Cocoa Allergy
Date: 9 March 2023 at 18:53
To: Mel Owens mel@welshpsychotherapy.org.uk
Cc: Rosy wpi rosy.w.b@welshpsychotherapy.org.uk, Marian C marian.c@welshpsychotherapy.org.uk, Garthine Walker garthine.w@welshpsychotherapy.org.uk, Julia M julia.m@welshpsychotherapy.org.uk



Hi Mel,

Thank you for these suggestions.

I am hoping to stay at Waunifor - as I really want to catch up with the other folk. I have also been told that it is a wonderful place to stay.

I will see if my colleagues are happy to share a cottage.

You do have my permission to share my allergy and plan.

All the best,

John

On 9 Mar 2023, at 10:55, mel@welshpsychotherapy.org.uk wrote:

Dear John

The tutor really appreciate you doing this.

As your IgE over 100 does indeed as the Dr says indicates an allergy and you have managed it well over the last 25 years. We are grateful and will implement your plan. On the residential we will ask all trainees to respect a chocolate free public space and kitchen. I suggest, if you wish to stay overnight at the residential and I do hope that you do that you look at Waunifor website and see with your colleagues who will share a cottage with you. Julia is preparing the email about this at the moment.

I am going to email year 4 today about sharing the building 24th to 26th March and as it is best practice can I please have your permission to share your allergy and plan with them for the weekend.

warmly Mel

On 2023-03-07 16:00, John Dray wrote:

Hi Mel,

I have now got my blood test result back.

My IgE result was 103.5 kU/L - from my online research this indicates that I do have an allergy. However, the IgE result does not indicate the strength of any reaction. The doctor's recommendation was 'no further action'.

Based on this result, and my management of the allergy over the past 25+ years, I would recommend that my previous plan still stands.

Please let me know your thoughts.

All the best,

John Dray

On 20 Feb 2023, at 10:08, mel@welshpsychotherapy.org.uk wrote:

Thanks John.

I appreciate this.

I will forward this to the tutor group and we will get back to you by the next weekend. We really do not want you to have a hospital admission!

We were thinking that 1 shared kitchen remain chocolate free. I think we will need to have a health and safety care plan for you. This will be a shared endeavour based on your work already.

We have lots of time to ensure this is effective and keeps you safe.

warmly Mel

On 2023-02-15 11:48, John Dray wrote:

Hi Mel,

I have seen my GP this morning about my allergy. This is the outcome:

1) He says that he is unable to prescribe an epipen unless I have had a hospital admission as a result of my allergy. I have never been admitted to hospital for the allergy, so the epipen is not an option.

2) He says that the best plan is avoidance. However, he has given me a strong antihistamine in case I do have a reaction. I have taken this antihistamine in the past and tolerated it well. I asked if he had further advice and he said that he did not.

3) I asked for a blood test to confirm the allergy - this is scheduled for 2/3/23.

So, how do we proceed? I would suggest the following, provisional upon the results of the blood test and WPI approval:

1) Participants of the course attending an event at the same time as me are made aware that I have a chocolate/cocoa allergy.

2) I ensure that I always have medication with me in case of a reaction.

3) While in attendance on the course I take an antihistamine prophylactically.

4) I make sure that someone on the course knows where the medication is, in case I am unable to administer it myself. Of course, if the reason for not being able to administer it is that I am unconscious or unable to swallow, then the emergency services should be immediately called.

5) Should I have an allergic reaction this would require the calling of 999.

Currently the kitchen area of WPI is kept chocolate/cocoa free while I am in attendance. On the residential, I would suggest that the cooking area of the cottage where I stay is kept cocoa/chocolate free. I avoid using the other cooking areas. A failing I see for this is if one or more of the other cooking areas is a thoroughfare to a part of the course that requires me to walk through it. However, if I have taken an antihistamine that day I am unlikely to have a reaction.

It may be that the blood test brings further information to this

It may be that the blood test brings further information to this.
I think it important to note that I have not had any reaction at all
in more than 10 years and I have not had a severe reaction in over 25
years.
I would welcome your feedback on this approach.
Best regards,
John Dray