



# Provider Beliefs, Practices, and Perceived Barriers to Dietary Elimination Therapy in Eosinophilic Esophagitis



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## BACKGROUND

- Dietary therapy is an effective non-pharmacologic treatment for eosinophilic esophagitis (EoE) with similar efficacy to topical corticosteroids.
- Patients may prefer dietary approaches to managing EoE over medications due to concerns about side effects and costs.
- Physicians consistently prefer to use medications over diet.
- Success with diet therapy can be augmented by partnering with a dietitian, but this may not be a universal resource.

## AIM

- To describe provider practices around dietary approaches in EoE.
- To identify beliefs about, barriers, and needed resources to support diet therapy.

## METHODS

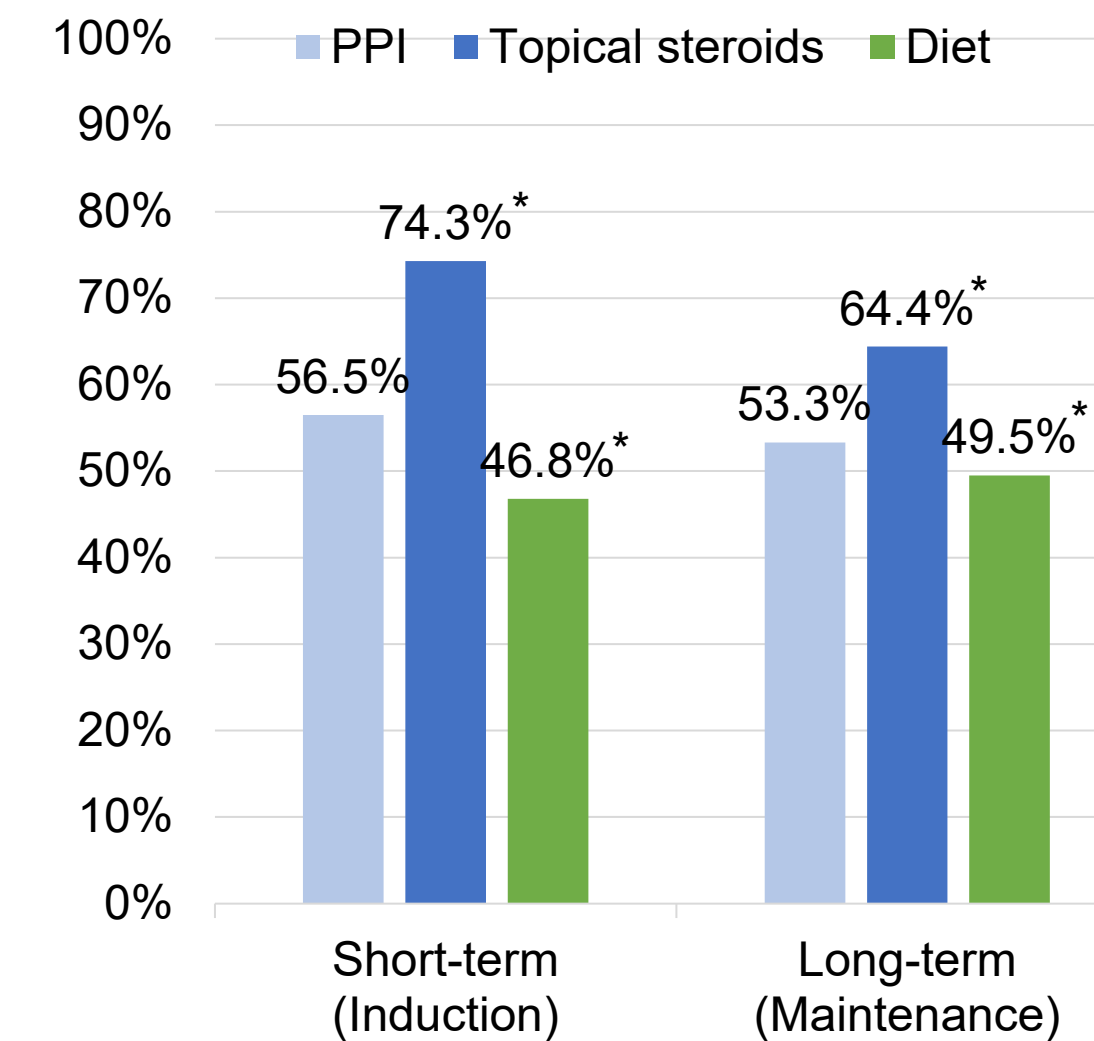
- We conducted a cross-sectional web-based survey to practicing US adult and pediatric providers.
  - Primary cohort: AGA, NASPGHAN, APFED
  - Secondary cohort: Medscape members
- Survey instrument assessed the perceived effectiveness of EoE treatments, barriers to dietary therapy, and practice patterns.

## RESULTS

### Provider Characteristics

Provider type	GI	Primary cohort		Validation cohort		P-value
		n	%	n	%	
Allergy	GI	94	70 (74.5%) Faculty 10 (10.6%) APP	150	153 (78.5%) Faculty 23 (11.8%) APP	----
	Allergy	0	5 (5.3%) Trainees	45	19 (9.7%) Trainees	
Practice setting	Private		43 (53.8%)		113 (64.2%)	0.051
	Academic		26 (32.5%)		34 (19.3%)	0.062
	VA		0 (0%)		3 (1.7%)	0.553
	Military		0 (0%)		3 (1.7%)	0.553
	Hospital		11 (13.8%)		23 (13.1%)	1.000
Patient volume (# of EoE patients annually)	None		0 (0%)		1 (0.5%)	1.000
	1-5		5 (5.8%)		10 (5.1%)	0.945
	6-19		43 (49.4%)		36 (18.5%)	0.00
	20-50		25 (28.7%)		74 (38.0%)	0.057
	> 50		13 (14.9%)		74 (38.0%)	0.00
Access to RD			58 (66.7%)		131 (67.2%)	0.359

### Perceived Effectiveness

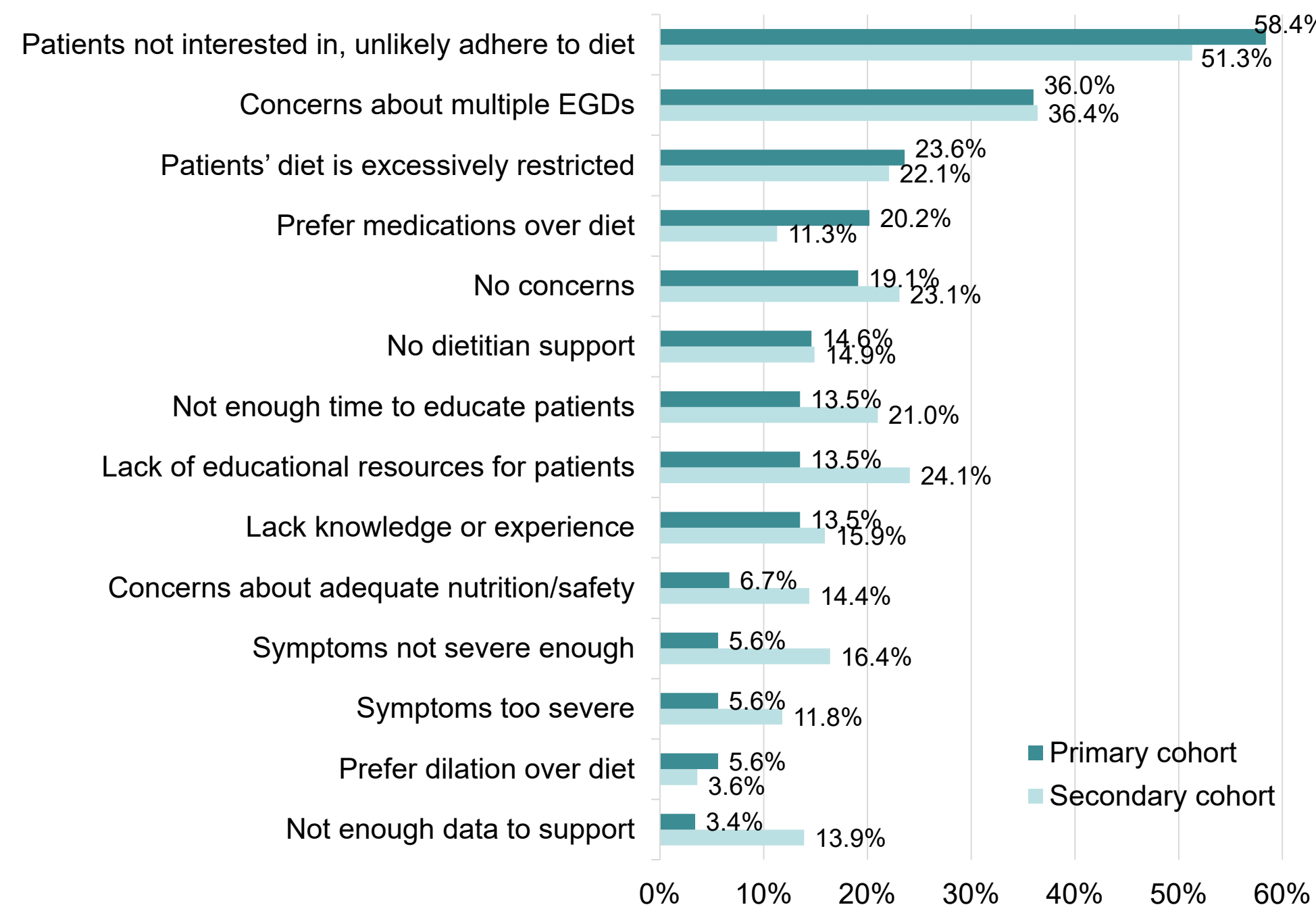


### Practice Patterns by Setting

	Academic (n=26)	Non-academic (n=54)	P-value
Access to RD	22 (84.6%)	30 (55.6%)	0.011
<b>Diet management</b>			
Manage diet alone	6 (23.1%)	21 (41.2%)	0.033
Refer to RD	18 (23.4%)	8 (15.7%)	
Refer to allergist	2 (7.7%)	12 (23.5%)	
Refer to RD + allergist	8 (30.8%)	10 (19.6%)	
<b>Recommended initial diet approach</b>			
6FED	8 (30.8%)	15 (29.4%)	0.057
4FED	4 (15.4%)	7 (13.7%)	
2FED	7 (26.9%)	12 (23.5%)	
1FED	6 (23.1%)	2 (3.9%)	
Allergy test directed	0 (0%)	10 (19.6%)	
Elemental	1 (3.9%)	1 (2.0%)	
Other	1 (3.9%)	4 (7.8%)	

RD, registered dietitian; 6FED, 6-food elimination diet; 4FED, 4-food elimination diet; 2FED, 2-food elimination diet; 1FED, milk only 1-food elimination diet

### Provider Barriers to Recommending Diet



## CONCLUSIONS

- Providers often lack dietitian support and prefer medications because of perceived lower efficacy and beliefs about patient acceptance and adherence.
- With growing evidence that patients with EoE do accept diet and value shared decision making, this highlights discordances between patient vs provider preferences, communication, and potential knowledge gaps.
- Providers need evidence-based knowledge on EoE diets, access to dietitians, and awareness of patient preferences.

