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# Laboratory Services

## IN THIS ISSUE

Diagnostic Tools for Food Allergies

ImmunoCAP® Specific IGE Blood Test

New TSH panel with reflex to free T4

Spotlight on Client Services

National Medical Laboratory Professionals Week



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# Diagnostic Tools for Food Allergies



The way we think about food allergies has changed over the years. Every allergy looks different. Treatment needs to be customized for each child. It is most important to know:

- Eating something that a child is allergic to, poses the highest risk for a reaction.
- Some children are very sensitive and will react within minutes after eating only a small amount of a food. Others may not react until eating a larger amount. It can also depend on what form the food is in (raw or cooked).
- The risk from casual exposure, like touching or smelling, or from eating foods made in the same factory should be discussed with your child's allergist.
- Vaccines are safe to get.
- Allergies change over time. Some children may outgrow an allergy later in life. Others may not show an allergy until they are older. An allergist can help you know which foods are safe for your child to eat now and when they can start eating problematic foods again.
- Knowing how to spot a reaction and how to treat it, will keep your child safe.

## Allergic reactions

Our immune system protects us by killing germs such as bacteria or viruses. A food allergy occurs when the body's immune system reacts to a food protein (the allergen) in a similar way. Each child may react differently and the reaction can vary each time. It might happen after only a few minutes or be delayed for 1 to 2 hours. Repeat reactions may not feel the same as one before. Lastly, symptoms can range from mild, like itchy skin, to severe, which affects more of the body. Severe reactions, called anaphylaxis, can be life threatening. The top 8 food allergies are milk, eggs, peanuts, tree nuts, shellfish, fish, soy and wheat. Less common allergies are to sesame, mustard and some fruits and vegetables. About 1 in 13 children under the age of 3 is allergic to one or more foods. Children are at higher risk for a food allergy if they have eczema. If you or someone in your family has allergies, it does not mean that your child will have them or pass them down to their children. There is no cure for a food allergy.

## Signs and symptoms of an allergic reaction

The most common symptoms of an allergic reaction are:

- Skin: severe swelling or severe itching of face, scalp, arms or legs or the appearance of large hives (welts) covering the body
- Stomach (tummy): vomiting 2 or more times or severe stomach cramps, diarrhea
- Mouth: swollen tongue, slurred speech or blueness around the lips, drooling
- Throat: tight, hoarse or scratchy throat
- Breathing: wheezing or noisy breathing, repeated cough or shortness of breath
- Heart: lightheaded feeling, fainting, weak pulse, low blood pressure

## Anaphylaxis

The symptoms of life-threatening anaphylaxis usually come on fast after eating – within 30 to 60 minutes. The warning signs can be just vomiting and hives or can start in the mouth and throat. A severe reaction must be treated right away using an epinephrine auto injector (Epipen®, Auvi-Q® or Adrenaclick®). If your child has a food allergy, always carry 2 auto-injectors with you. If used, call 911

## ImmunoCAP® Specific IGE Blood Test

Nationwide Children's Laboratory Services is pleased to offer a tool that will aid in your management and diagnosis of Allergic Disorders. The ImmunoCAP® Specific IgE blood test is an in vitro quantitative test that measures allergen-specific IgE in human serum. The diagnostic use of this test is intended to aid in the clinical diagnosis of IgE mediated allergic disorders in conjunction with other clinical findings. Listed below and on the back are profiles and 86 individually orderable allergens that are available from Laboratory Services:

### FOOD ALLERGENS

- |                      |                 |   |              |
|----------------------|-----------------|---|--------------|
| • Almond             | • Chicken       | • Milk (Cow)  | • Rice       |
| • Alpha-Lactalbumin  | • Chocolate     | • Oat   | • Rye        |
| • Apple              | • Clam          | • Orange  | • Salmon     |
| • Banana             | • Coconut       | • Ovalbumin   | • Scallop    |
| • Barley             | • Cod Fish      | • Ovomucoid   | • Sesame     |
| • Beef               | • Corn          | • Pea   | • Shrimp     |
| • Beta-Lactoglobulin | • Crab          | • Peanut: including sub-components rAra h1, rAra h2, rAra h3, rAra h6, rAra h8, rAra h9 |              |
| • Blue Mussel        | • Egg White     | • Pecan Nut   | • Soybean    |
| • Brazil Nut         | • Egg Yolk      | • Pineapple   | • Strawberry |
| • Carrot             | • Gluten        | • Pistachio   | • Tomato     |
| • Casein             | • Hazelnut      | • Pork  | • Tuna       |
| • Cashew             | • Lobster       | • Potato  | • Walnut     |
| • Cheddar Cheese     | • Macadamia Nut |   | • Wheat      |
|                      |                 |   | • Whey       |

References: HH-I-205-2, SM-BRO-FS-10.4

# Test Updates

## NEW TSH PANEL WITH REFLEX TO FREE T4

Effective 3/11/2025, we began offering a new TSH panel with a reflex to Free T4 (TSHFT4). When ordering the reflex panel, a Free T4 will be added only when the TSH result is elevated outside of the normal range. The current TSH (TSH3G) and Free T4 (FT4) tests are both still available separately.

## NEW ANTIMICROBIAL SUSCEPTIBILITY PANELS FOR ENTERIC GRAM-NEGATIVE RODS

Effective 3/25/2025, the Clinical Microbiology Laboratory will implement new commercial panels for antimicrobial susceptibility testing of Enterobacterales (Enteric Gram-negative rod bacteria). The previously used commercial panels are no longer available. Changes to routine antimicrobial susceptibility test offerings are outlined below.

Additional information on these test updates can be found by accessing the Test Updates section in our Test Directory:

**Laboratory Services Test Directory | [Home](#)**



## Spotlight on Client Services:

Evan started in Client Services in June of 2021 after he graduated high school. He works contingently at Nationwide Children's during the school year,

where he currently attends Otterbein University. Evan is pursuing a degree in Biochemistry and Molecular Biology and will graduate this upcoming May. After graduation, Evan plans on taking a gap year to obtain patient care experience before attending a Physician Assistant program.

When he's not in class or at work, Evan runs cross country and track for Otterbein. He also enjoys baking and playing video games. A fun fact about Evan is that he is a triplet with a brother and sister and also has two older brothers. Additionally, he enjoys spending time with his two dogs, a Shih Tzu and a Cockapoo.

Evan's tip for clients: "The Test Directory is a great resource for checking sample requirements, minimum volumes, turnaround times, and other important test information."

## National Medical Laboratory Professionals Week

**April 20–26**

Celebrating our staff's commitment to delivering high quality results for your patients



## Courier Lock Box Communication Tags



Couriers use door hangers/tags to communicate to clients about sample pick-ups. They will tell you what time the courier came to

your location and how many samples they picked up, including if none were found.

Because these will be left each time the courier is at your location, it is important that you check the lockbox daily and remove any old tags. When tags accumulate, they can create confusion for both couriers and clients about when the last stop occurred. The accumulated tags can also get wet, either due to condensation or conditions outside, and create an ideal environment for mold growth.

Unless you have questions or concerns about a pick-up, there is no need to hold onto these tags.

## Temperature Documentation for Sample Transport



To ensure the integrity of lab specimens transported by the courier to our lab, it is important that one of the storage temperature boxes on the biohazard specimen bag is marked appropriately according to specimen guidelines. Please refer to our Laboratory Test Directory for specimen storage requirements.



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700 Children's Drive  
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## How can Nationwide Children's Laboratory Services help your practice?

If you would like to become a client or learn more information about Nationwide Children's Laboratory Services, contact us at (800) 934-6575 or visit our website at **NationwideChildrens.org/Lab**. Would you like to receive the Nationwide Children's Laboratory Services Newsletter electronically? Please e-mail us at **LaboratoryServices@NationwideChildrens.org** and let us know!

Lab Account Representatives are available via email to assist with any questions or concerns.

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