



NACE PhD Project Brief

ADAPT Anywhere: Advancing Access and Equity in Infant Peanut Oral Immunotherapy

1. Project Overview

Project title	ADAPT Anywhere: Advancing Access and Equity in Infant Peanut Oral Immunotherapy
Linked NACE project / pillar	ADAPT OIT Program (Pillar 1, Transforming Allergy Care)
Host institution	Adelaide University Entry requirements: https://adelaide.edu.au/study/degrees/doctor-of-philosophy/#section-entry-requirements
Proposed start date	Q1 2027
Proposed duration	3 years, Full Time

2. Supervisor Team

Role	Name & title	Institution & Department
Primary Supervisor	Professor Mike Gold	College of Health, School of Medicine, Adelaide University Women's and Children's Hospital, Department of Allergy & Clinical Immunology
Co-Supervisor 1	Professor Kirsten Perrett	Population Allergy, Murdoch Children's Research Institute; Department of Allergy & Immunology, Royal Children's Hospital; Department of Paediatrics, University of Melbourne.
Co-Supervisor 2	Associate Professor Patrick Quinn	Women's and Children's Hospital, Department of Allergy & Clinical

3. Plain language summary

Peanut oral immunotherapy is a new treatment that can help children outgrow their allergy, but the current program (ADAPT) requires many hospital visits, which is hard for families who live far away, work or have caring commitments. This PhD will test a "virtual" ADAPT model, supporting families to do dosing at home instead of in hospital. We will explore why some families don't start or finish treatment, work with parents and consumers to develop practical resources like an app, and trial the virtual approach at three children's hospitals- aiming to make treatment safer, easier and fairer to access for Australian children, wherever they live.

4. Key Research Gap

While peanut oral immunotherapy (OIT) has demonstrated efficacy and safety, important gaps remain in understanding patient and caregiver experiences, barriers to treatment uptake, and factors influencing participation and completion in real-world settings. The NACE-led ADAPT program has established a nationally standardised public-hospital model for infant peanut OIT; however, its reliance on multiple in-person hospital visits may limit access for families experiencing geographic, socioeconomic, or logistical challenges. Current ADAPT data indicate underrepresentation of non-metropolitan families, highlighting potential inequities in access. Evidence is needed to determine whether a virtual model of care can improve equity, accessibility, acceptability, safety, and healthcare efficiency while maintaining treatment outcomes.

NACE_PhD Project Brief Summary_ADAPT Anywhere

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5. PhD project summary

This PhD will develop and evaluate a virtual model of care for the delivery of the NACE-led ADAPT peanut oral immunotherapy program. The overarching aim is to determine whether a virtual model, incorporating remote initial assessment and virtually supported home up-dosing is feasible, acceptable and safe, and whether it improves timely and equitable access to infant peanut oral immunotherapy. The project will use a mixed-methods, consumer-informed approach across four interrelated components.

Project 1: A systematic literature review of models of virtual care in paediatrics, to establish the evidence base, identify relevant safety and implementation considerations, and inform the design of the virtual ADAPT model.

Project 2: This project will explore acceptability of the ADAPT OIT Program through analyses of barriers to consent to oral food challenge, commencement of oral immunotherapy, or completion of ADAPT OIT Program in its current format (in-person hospital based assessments and up-dosing). Quantitative analysis of the NACE ADAPT data registry will assess disparities in access and uptake, including socioeconomic status, measured using SEIFA and geographic remoteness. Qualitative interviews with parents who declined ADAPT at the Adelaide site will explore their decision-making, concerns, practical barriers and unmet information or support needs.

Project 3: Qualitative interviews will examine the experiences of parents currently participating in ADAPT, including treatment burden, acceptability, confidence with home dosing and support requirements. These findings will inform the development of patient and family resources for virtual care. Resources may include an app, virtual assistant and AI-generated educational videos and will be developed with consumer engagement and involvement of members of the NACE Consumer Advisory Group.

Project 4: The existing ADAPT improvement science framework will be used to evaluate the implementation of the virtual model across three established sites (currently delivering hospital based ADAPT - South Australia: the Women's and Children's Hospital, Royal Children's Hospital Victoria and Queensland Children's Hospital), compared to sites which will continue to deliver ADAPT in the current hospital based format (Perth and 4 sites in Sydney). ADAPT-eligible infants at the Adelaide, Melbourne and Brisbane sites will receive assessment and allergen up-dosing through a virtual model of ADAPT. Patient and visit data will be collected and recorded in the ADAPT REDCap database as per the current ADAPT model, and the first 100 patients entered under the new Virtual ADAPT model will be evaluated against the first 100 ADAPT-eligible infants entered in the non-virtual sites during the same time period.

The primary outcome, measured at completion of up-dosing, will be parent satisfaction, determined through standardised Patient Satisfaction Questionnaires. Secondary outcomes will include access (the proportion of eligible infants commencing treatment and time from referral to OIT commencement), efficacy (number of doses to reach maintenance and compliance), equity (socioeconomic and geographic equity compared with historical ADAPT controls), and safety (the number and severity of allergic reactions during up-dosing).

Together, these studies will provide evidence to build upon ADAPT and guide a scalable, consumer-centred and equitable model of peanut OIT delivery within Australian public healthcare.

6. Contact

If you have any questions, please contact for:

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NACE PhD application process general enquiries	nace@mcri.edu.au