

South & West Herts Cow's Milk Protein Allergy (CMPA) Dietitian Pathway – Age Under 1 year



GP ACTION

- GP undertakes allergy focussed clinical history to determine suspected type and severity of CMPA
- Treatment initiated by GP: Herts CMPA Guidance
- If suspected *mild/moderate non IgE mediated*: GP supports <u>HOME MILK CHALLENGE</u> to confirm diagnosis (for suspected IgE and severe non IgE mediated, diagnosis should be made by secondary care)
- This pathway also applies to children prescribed CMPA formulas who have never seen (or have been discharged from)
 the HCT dietitian but are now experiencing problems in weaning off the CMPA formula
- GP to consider <u>health visitor</u> input at any stage initially if concerns that reflux may be due to overfeeding or struggling with/would like to restart breastfeeding
- GP REFERS ALL PATIENTS TO HCT DIETITIAN (referral form on DXS)
- GP to also refer to WHHT allergy specialist paediatrician IF suspected IgE or severe non IgE mediated CMPA, or if concurrent faltering growth

Same day triage by HCT dietitian (referral treated as urgent).

HCT admin team telephone parent/caregiver to book appointment. If HCT unable to contact parent/caregiver, HCT send letter inviting them to book appointment to which they must respond within 2 weeks.

Mild/moderate non IgE mediated CMPA

HCT dietitian undertakes initial 15-minute phone contact to ensure suitability before being booked on to a virtual CMPA group session. If a group is not suitable, a video/phone consultation is booked.

HCT dietitian provides group session or virtual clinic appointment to support and educate at around time of introducing solids (weaning). Will include milk free dietary advice and safe reintroduction of cow's milk (milk ladder).

If no faltering growth, patient held on HCT patient initiated follow up list until around their first birthday (or for 3 months if close to age 1 at referral), based on clinical need. Parent/caregiver can request

It is expected child will transition back to cow's milk/non-dairy alternative during this time and the CMPA formula can then be stopped.

further support.

If concurrent faltering growth, follow up appointments offered as per HCT Faltering

Growth Pathway.

HCT dietitian
liaises with
allergy specialist
paediatrician at
any point if
concerns, for
results of allergy
testing, or any
other salient
issues as

necessary.

Suspected IgE mediated/ severe non IgE mediated CMPA

HCT book a 30-minute video/phone/F2F consultation with parent/caregiver.

HCT dietitian provides virtual (F2F if clinically indicated) clinic appointment to assess, give support, and educate according to patient's specific needs, including other concurrent food allergies.

Timeline for HCT dietitian review should be no more than 6 months/sooner if concerns identified or results of allergy testing expected sooner.

Whilst CMPA formula still required, patient to remain on HCT dietitian caseload.

In the final 3-6 months of dietetic care, where there are no clinical concerns and when weaning off formula, patient may be held on HCT patient initiated follow up list.

If Neocate Junior or Neocate Spoon is prescribed, patient must not be discharged UNTIL prescription is stopped entirely.

The HCT dietitian letter to the GP will include the recommended CMPA formula and monthly amount – ongoing recommendations will either be to continue prescribing the CMPA formula or stop it once the child has transitioned back to cow's milk/ suitable non-dairy alternative milk. For IgE mediated CMPA/multiple food allergies, the paediatrician will advise when it is safe to retry cow's milk/suitable non-dairy alternative and the dietitian will support this process.

GP ACTION

GP to STOP CMPA formula in accordance with letter from HCT dietitian

HCT Dietetics invites parent/caregiver to book all appointments and, subject to no safeguarding concerns, will discharge if no response received within agreed time frame. This should be communicated to the GP and responsibility of care then reverts to GP. If prescription to continue, GP to re-refer – parent/caregiver must attend HCT dietitian appointments for prescription of CMPA formula to continue.

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