

Nutrition and Dietetic Department

Ipswich Hospital NHS Trust

GP Information Sheet 14th December 2016

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Prescribing

Prescribing
Guidelines

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Appropriate prescribing

Cow's milk protein
allergy costs the NHS

£25.6m per year

Extensively hydrolysed formula
(EHF) cost per patient per
year: £1853

Amino Acid formula cost per
patient per year: £3161

Use EHF first line

The infant feeding guidelines
will aim to have a cost saving
to the GP practice and CCG's

Prescribing Guidelines

The Paediatric Dietitians at Ipswich Hospital developed the infant feeding prescribing guidelines, in conjunction with medicines management.

<http://www.ipswichandeastsuffolkccg.nhs.uk>.

These incorporate NICE and MAP guidance.

The key messages include:

- The diagnosis of Non IgE vs IgE mediated allergy.
- When to refer to secondary care
- Appropriate first line formulas
- When to discontinue formula prescriptions.
- Soya formula and lactose free formula are no longer routinely prescribed.
- Reduce usage of amino acid formula
- Guidance on prescribing formula volumes
- Vitamins including preterm infants

About the Paediatric Dietetic Team

BDA The Association
of UK Dietitians

We offer dietetic outpatient clinics at:

- Ipswich Hospital
- Allington clinic
- Felixstowe Community Hospital
- Chatterbox children's centre
- Special schools
- New milk free weaning groups

Other areas we cover:

- Home enteral tube feeding.
- Inpatient service to Bergholt, PAU and NNU.
- Specialist conditions e.g. Cystic Fibrosis, Oncology, PKU, Coeliac, Learning disabilities.
- Work in conjunction with Paediatricians, Specialist nurses, AHP's, GP's, Health visitors, Community nurses, School nurses
- Training

Referrals to the Paediatric Dietitian — E-referrals only

Any patient that requires a dietetic referral should have the referral discussed with the parents/carers of the infant and the referral should contain the following information (in addition to standard patient information):

- Reason for referral/diagnosis (if cow's milk protein allergy please state if IgE or non-IgE mediated)
- Relevant social history, including if the child is a 'child in need' or on a child protection plan
- Weight and height/length
- Language requirements/need for interpreter

Please note that referrals regarding cow's milk protein allergy will not be accepted until a confirmed diagnosis has been made, using the Infant Feeding Prescribing Guidelines. Please state if IgE or non-IgE mediated.

For any queries regarding dietetic referrals please contact the Dietetic Department on 01473 704000. Referral form can be found in the Infant feeding Prescribing Guidelines document, we will no longer accept paper referrals.

FAQs

Q. Can goats milk formula be used as a treatment for CMPA?

A. No: Goat's milk and sheep's milk are not advised due to the cross reactivity with cow's milk.

Q. What happens when an infant reaches 1 year of age and is still CMPA?

A. If soya is tolerated: Children over 1 year can use Alpro Junior 1+ soya milk instead of formula (this can also be used in cooking from 6 months). Available for purchase in supermarkets.
If soya is not tolerated: continue prescription of specialist formula (ensure child has review appointment with paediatric dietitian)

Q. What happens when an infant reaches 2 years of age and still has a cow's milk protein and soya allergy?

A. The formula milk should no longer be required and the child can go onto a supermarket milk substitute i.e. oat, coconut, almond, hazelnut or hemp milk. **Rice milk is not suitable for children under the age of 4½ years.**

Q. Are vitamin and mineral supplements required?

A. The Department of Health recommends that a supplement containing 10 mcg vitamin D is given to:

- All breastfed infants from birth
- Babies under one year of age who are taking less than 500ml of formula daily
- All children from 1 – 5 years

Children on a milk free diet may require a calcium supplement. This will be advised by the Paediatric Dietitian.

Q. What are Neocate Active and Neocate Advance?

A. These are highly specialised products and should only be advised by secondary / tertiary care. They should not be prescribed in infants under the age of 1 year. They are not designed as a 'follow on' from Neocate LCP.

Q. What is Neocate Spoon?

A. This is a hypoallergenic amino acid based food. It is not to be used as a drink / formula. It is suitable for infants from six months of age who have multiple food protein allergies. This should only be used under direction of a Paediatric Dietitian.

Q. Why is soya formula not advised?

A. Soya formula is no longer indicated for cow's milk allergic infants under the age of six months due to its phyto-oestrogen content and the increased risk of sensitisation to soya protein (as per Chief Medical Officer Statement, 2004). Parents wishing to feed their infant on a soya based formula should be advised of the risks and advised to purchase the formula over the counter.
Soya formula may be prescribed in exceptional circumstances, i.e. galactosaemia or when eHF or amino acid based formulas are refused.

Q. Can lactose free products be used in cow's milk protein allergy?

A. No. These products contain cow's milk protein and are therefore not suitable.