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| **Telephone Non IgE Cow’s Milk Allergy Rapid Access Clinic** |
| * Form for use DURING consultation with parent/guardian and sent via ERS/EVS
* **GP referrals - via e-RS: select Speciality: Dietetics, Clinic Type: Food Allergy and Intolerance, and Clinic Name: Telephone Non IgE-mediated Cow’s Milk Allergy Rapid Access Clinic**
* **Non-GP referrals: EVS referral - send form to** **gst-tr.selcmaracreferrals@nhs.net** **(referrals from GPs will not be accepted via this email)**
* Referrals will be rejected if form is incomplete / missing documents.
* **Form only for use in BEXLEY, BROMLEY, LAMBETH, LEWISHAM & SOUTHWARK**

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| **Patient Details** |
| **Patient Full Name: Preferred Contact Number:****Parent/guardian email:**  | **DOB:** **NHS no.:**  |
| **Documents Required** |
| 1. Completed Allergy-focussed Clinical History form (Page 2)
2. Full EMIS clinical summary from GP, if available
 |
| **Referrer Details** |
| Referral Date |  |
| Referring GP/ HCP  |  |
| GP Practice Name & Borough |   |
| Safeguarding issues  |  |
| Interpreter required, state language  |  |
| **GP action required** |
| * Inform parents of Non-IgE CMA diagnostic process: 2-4 weeks of strict dairy free diet then dairy challenge to confirm diagnosis (provide iMAP factsheet below). Dietitian will advise further on this.
* If required, provide 2 weeks’ acute prescription of extensively hydrolysed formula (please see formulary on guidelines below)

***Please DO NOT advise maternal dairy exclusion if symptoms only presented after formula introduction*** |
| **Inclusion Criteria (both must be met)** |
| * Child under 14 months of age with **delayed symptoms (2-72 hours)** to dairy (with or without soya allergy) ***without*** growth faltering
* No improvement after two weeks of 1st line treatment for Colic, GORD, Eczema or Constipation
 |
| **Exclusion Criteria** |
| * Single symptom presentation without trying 1st line treatment for Colic, GORD, Eczema or Constipation as per NICE guidelines
* Child is older than 14 months of age\* (do not start prescription for formula)
* Immediate onset symptoms i.e. within 2 hours of dairy ingestion
* Multiple food allergies (apart from dairy and soya)**\*\***
* Evidence of growth faltering\*
* Patients not registered with a Bexley, Bromley, Lambeth, Lewisham or Southwark GP\*
 |
| ***\*Refer to local dietetic service \*\*Refer to local secondary care Allergy Clinic***  |
|  |
| **Useful Information Leaflets for Parents/Carers** |
| [(BDA) Milk Allergy: Food Fact Sheet](https://www.bda.uk.com/resource/milk-allergy.html), [Formula patients: Patient factsheet (iMAP)](https://gpifn.files.wordpress.com/2019/10/imap_patient_factsheet_original.pdf) **or** [Breastfed patients:](https://gpifn.files.wordpress.com/2019/10/imap-supporting-breastfeeding-factsheet.pdf) |

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Please refer to [The SEL guideline for the management of Cow’s Milk Allergy and Prescribing of Hypoallergenic Formula in Primary Care](https://selondonccg.nhs.uk/healthcare-professionals/medicines-optimisation/south-east-london-medicines-optimisation-team/nutrition/cows-milk-allergy/) for further guidance.

# **Allergy Focused Clinical History Form (Adapted from NICE CG116 2011)**

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| **Growth Details** |
| **Weight (kg):****Date:**  | **Length (cm):****Date:** |
| **Feeding History** |
| ☐ Exclusively breastfed from birth ☐ Mixed feeding (from age……………….)☐ Exclusively formula-fed (from age……………….)☐ Started solids (from age ……………….)**Source of cow’s milk protein thought to cause symptoms:**[ ]  Breastmilk (dairy consumed by mum: YES / NO)[ ]  Formula[ ]  Weaning/solid food |
| **Symptom/s** | **Previously Tried Treatments** |
| **Gastrointestinal:**DiarrhoeaBlood in stoolConstipationVomitingReflux/GORD | [ ] [ ] [ ] [ ] [ ]  |  |
| **Skin:**Eczema/rash | [ ]  |  |
| **Behavioural:**Inconsolable cryingBack archingFeed refusalPoor sleep | [ ] [ ] [ ] [ ]  |  |
| **Respiratory:**Congestion  | [ ]  |  |
| **Family History of Atopy** |
| Please list if any *direct* family atopy (e.g. siblings/parents) |   |
|  |  |
| **NB – DO NOT REFER THE FOLLOWING PATIENTS TO THIS CLINIC** |
| **IgE Mediated Cows Milk Allergy with acute allergic symptoms** |
| **Any infant presenting with IgE mediated (immediate) milk allergy (e.g. facial swelling, rashes, hives, breathing difficulties within 2 hours of ingesting milk) should be referred into secondary care1** |
| **Non-IgE Mediated Cows Milk Allergy with faltering growth** |
| **If faltering growth is the main concern, infant should be referred to local dietetic service2** |

**1 Refer to** [**Allergy Clinic**](https://selondonccg.nhs.uk/wp-content/uploads/dlm_uploads/2022/06/Referring-to-local-services.pdf)

**2 Refer to** [**local Dietetic Service**](https://selondonccg.nhs.uk/wp-content/uploads/dlm_uploads/2022/06/Referring-to-local-services.pdf) **for urgent appointment**

**Enquiries only**: gst-tr.prescribingsupportdietitians@nhs.net