



Cow's Milk Protein Allergy (CMPA): Setting up a Patient Group Education Session on Weaning

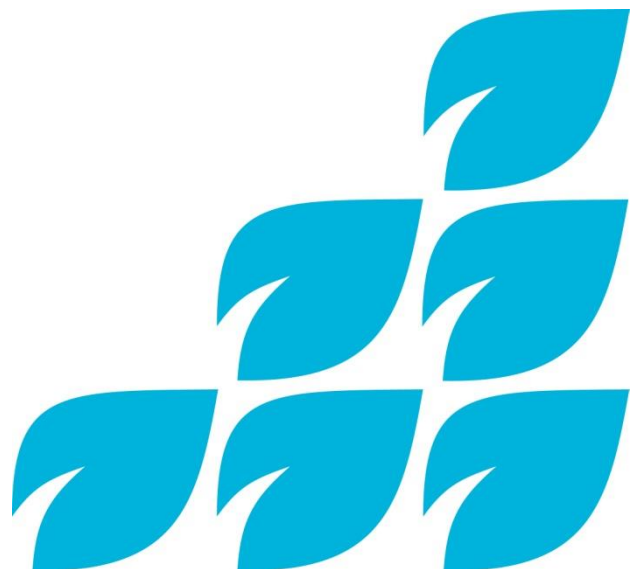
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Introduction

This pack will guide you through how to set up a Cow's Milk Protein Allergy (CMPA) Weaning Group Session. It contains: an overview of the pack, sections on preparing for running the group session, running the session and what to do after running a session. Appendices containing templates of documents, which will help in the set up and running of your group are provided.

This pack can be downloaded from the 'BDA Paediatric Specialist Group' website and used as you wish. The content is advisory so the templates and resources can be changed as required.

Please Note: Whilst care has been taken to ensure that all information in this pack was correct and up to date at the time of writing, it will need updating with time and it is up to the user to check accuracy before using.

Overview

What is a 'Cow's Milk Protein Allergy (CMPA) Group Education Session on Weaning'?

It is a group session for parents/carers with children diagnosed with mild to moderate non-IgE mediated CMPA, with the intention to educate them on how to wean their child on a cow's milk protein free diet. It covers common questions asked by parents as well as practical tips for meeting calcium requirements and suitable alternative products available.

What are the benefits of a group education session?

The group session is designed to replace the 1:1 outpatient appointment that these children would usually attend to discuss cow's milk protein free weaning. This should reduce outpatient waiting times and also creates an opportunity for peer support between parents who have a child with CMPA.

Who is the group specifically for?

It is aimed at parents/carers with infants aged between 4-12 months who have been diagnosed with mild to moderate non-IgE mediated CMPA who need advice on cow's milk protein free weaning. This can include newly referred infants or those who have been seen by a dietitian before.

Infants who are formula feeding and mothers who are exclusively breastfeeding should have undergone a re-challenge with cow's milk after a 2-4 week exclusion period to confirm CMPA. Infants should therefore be on a suitable formula or if exclusively breastfed, mother should be on a cow's milk protein free diet.

Full details of the inclusion and exclusion criteria can be found in 'Preparation for running a group session'.

How many children would attend?

It is advised that each session has a maximum number of 10 children (not including siblings of referred children). The number of referred children and accompanying adults and siblings attending will need to be decided by each individual centre depending on space at the venue. It is advised that the number of siblings attending is kept to a minimum to aid parent's concentration.

Where would the group session be held?

Ideally, the group session would be held in an easily accessible, large room with pram/pushchair space. Facilities such as a computer and projector would need to be available for the delivery of a powerpoint presentation. A room with access to tea/coffee facilities (optional) and a separate weighing & measuring room would be preferable. Examples of a suitable venue may include health centres, GP surgeries and hospitals. Consideration should be given to parking and access facilities.

How long would each group session last?

The session is expected to last 90 minutes, which includes time for weighing and measuring patients. The venue is likely to be needed for 2–2 ½ hours to leave time for setting up and tidying away after the session.

When considering timings of the session, it may be advantageous to alternate the day and time making it more accessible to the target population. For example, some parents/carers may be unable to attend on particular days of the week or may need to drop off/pick siblings up from school so need to avoid early morning/late afternoon sessions.

What would be covered in the group session?

The session aims to include all aspects that would be covered in a 1:1 outpatient appointment for those weaning on to a cow's milk protein free diet. A summary of the content of the session is given below:

- What is Cow's Milk Protein Allergy (CMPA)?
- Symptoms and Diagnosis
- Lactose Intolerance
- Treatment of Cow's Milk Protein Allergy
- Food Labelling (includes a group activity on reading food labels)
- Cow's Milk Protein Free Weaning (Meal Ideas)
- Introduction of Other Common Allergenic Foods
- Cow's Milk Protein Free Alternative Products (including suitable milk substitutes for infants)
- Reintroducing Cow's Milk Back into the Diet (using the iMAP milk ladder)
- Meeting Calcium Requirements (includes a group activity on calcium content of milk free foods)
- Vitamins for Children
- Useful websites including Food Maestro App

For more details of the exact content of the session, please refer to the lesson plan in Appendix 1.

How many group sessions would the patient's/service users be expected to attend?

It's expected that only one group session would be attended as the content of the session will cover all aspects. However, it is advised that another appointment (1:1 appointment) is offered 6 months after the group session to check on their progress and to avoid the unnecessary use of extensively hydrolysed or amino acid formulas. If a 1:1 outpatient appointment is indicated immediately following the group session or before 6 months, this can be offered.

What resources are required?

- Laptop/Computer
- Projector
- Tea/coffee making facilities (optional)
- Pens
- Hypoallergenic recipe books (Althera & Alfamino, Aptamil Pepti, Neocate LCP & Nutramigen 1 & 2 with LGG & Puramino)
- Samples of suitable milk free alternative products (available in the supermarket)
- Resources for calcium game (see section on 'Running the group session' for more information)
- Resources for food labelling game (see section on 'Running the group session' for more information)
- Information pack for each patient, containing:
 - FAISG 'Cow's Milk Free Diet for Infants and Children' diet sheet or department's own diet sheet
 - BDA Food Fact Sheet: Calcium (unless own milk free diet sheet thought to be sufficient)
 - Food Standards Agency: 'Advice on food allergen labelling' leaflet
 - iMAP Milk Ladder and Recipes

Hyperlinks to these documents are provided in the section 'Preparation for running a group session'.

Who would run the group session?

A dietitian would lead the group session. A dietetic assistant/dietetic support worker/clinic nurse would be beneficial to complete length and weight measurements on the referred child and plot these on the relevant growth chart. It would also be advantageous to have a dietetic assistant/dietetic support worker at the session to help with the activities during the session.

How often would the group session have to run?

These sessions can be run as frequently as required. This may be dependent on several factors, including:

- The number of referrals received
- The suitability of those referrals for the group education sessions

- Waiting times for outpatient appointments
- Access to a suitable venue
- Staff availability

What if a parent doesn't want to attend a group session and would rather have a 1:1 outpatient appointment instead?

It is advised that on receiving a referral, each parent/carer is called and offered the group session. Depending on outpatient waiting list times, it may be beneficial to highlight that by attending the group this will reduce the waiting time to be seen by a dietitian. If the parent would still prefer to be seen in a 1:1 outpatient appointment, this should be offered.

Preparation for running a group session

Screening patients for the group session

A registered dietitian must screen each new referral to check suitability for the group session. If the infant does not meet the inclusion criteria or meet any of the exclusion criteria, they should automatically be seen in a 1:1 outpatient appointment. Infants with CMPA who have already been seen by a dietitian but need weaning advice and are suitable for the group session can also attend.

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none">• 4-12 months old• Diagnosed with a cow's milk protein allergy (CMPA)• Mild to moderate non-IgE mediated allergy symptoms, confirmed by re-challenge after 2-4 week exclusion period• Possible milk-related IgE symptoms but skin prick test negative	<ul style="list-style-type: none">• Faltering growth• Multiple allergy• Safeguarding concerns that indicate it would be better to see them in a 1:1 appointment• IgE-mediated cow's milk protein allergy, unless allergy specialist has deemed patient appropriate to attend and reintroduce cow's milk into their diet at home

If it is not clear from the referral whether an infant is appropriate for the group, the referrer should be contacted. This can be verbal or written contact. See 'Notifying local services' further on in this section.

Inviting patients to the session

New referrals that are deemed appropriate for the group session should be called by an administrator or dietetic assistant/dietetic support worker and offered the CMPA weaning group session. They should explain what it involves and describe the group setting with other parents/carers. Depending on waiting list times, it may be beneficial to highlight that by attending the group, this reduces the waiting time to be seen by a registered dietitian.

Those who have been seen by a dietitian before can be offered the session at their 1:1 appointment or called as per the procedure for a new referral.

A 'Template Invitation Letter' can be found in Appendix 2.

Putting together information packs

It's suggested that each patient is given an information pack at the beginning of the group session during the registration period. These packs should contain written information that the parent/carer can refer to during and after the session. Suggested items for the information pack are:

- FAISG 'Cow's Milk Free Diet for Infants and Children' diet sheet
https://www.bda.uk.com/regionsgroups/groups/foodallergy/fasg_1702_milk_free_children
(requires user to log-in to BDA website to view) OR department's own diet sheet
- BDA Food Fact Sheet: Calcium (unless own milk free diet sheet thought to be sufficient)
<https://www.bda.uk.com/foodfacts/Calcium.pdf>
- Food Standards Agency: 'Advice on food allergen labelling' leaflet
<https://www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/allergy-leaflet.pdf>
- iMAP Milk Ladder https://www.allergyuk.org/assets/000/001/297/iMAP_Final_Ladder-May_2017_original.pdf?1502804928
- iMAP Recipes
 - Biscuit https://www.allergyuk.org/assets/000/001/632/iMAP-Home_Recipe_Sheet_1_Biscuit_FINAL_Jan_31_original.pdf?1517827753
 - Muffin https://www.allergyuk.org/assets/000/001/634/iMAP-Home_Recipe_Sheet_2_Muffin_FINAL_Jan_31_original.pdf?1517827755
 - Pancake https://www.allergyuk.org/assets/000/001/638/iMAP-Home_Recipe_Sheet_3_Pancake_FINAL_Jan_31_original.pdf?1517927278
- Evaluation Form (found in Appendix 3)

Preparing the activities

The session involves 2 activities which need some resources to be gathered prior to the session. See the next section on 'Running the group session' for details of the activities.

Box for evaluation forms

You may wish to provide a box for the attendees to put their evaluation forms in at the end of the session. This will need to be prepared before the session.

Checklist to use pre-session

To ensure you have all the resources ready for your session, a handy checklist has been put together. See Appendix 4.

Notifying local services

It is advised that you notify local GPs/Health Visitors/Consultants/Allergy Nurses of your group session so they are aware of it and know how to refer in to it, including the inclusion and exclusion criteria. This can be done via local email bulletins, newsletters, flyers etc. This would assist with screening referrals and reinforce the need for dietetic involvement in the care of an infant/child following a cow's milk protein free diet.

Running the group session

Lesson Plan

The group session runs for 90 minutes and consists of a registration period, a short introduction, a presentation, 2 group activities and some time when attendees can look at cow's milk protein free alternative products.

Full details of the session can be seen on the lesson plan in Appendix 1.

Registration

During the registration, each patient should have their weight and length measured, ideally by a dietetic assistant/dietetic support worker or clinic nurse, and plotted in the child's red book. A note should also be taken of the weight and length for the dietetic records (see Appendix 5). The dietitian should then check the red book of each patient to identify any anomalies in growth. If a red book is not available the weight & length can be plotted on a paper or electronic growth chart.

They should also be given an information pack (see previous section on 'Preparation for running a group session' for details of the pack contents). In addition, the parent/carer should be asked if their child is on a hypoallergenic formula and if so, the relevant recipe book provided.

Introduction

This is a good opportunity to introduce the information pack that the attendees are given at the beginning of the session. It is advised to point out that some information in the pack will be referred to throughout the session and that most information given in the session is repeated in writing in the information pack.

Also, make the audience aware that there is an evaluation form to complete at the end of the session.

Presentation

A 20-minute presentation has been provided for the group session. The slides have been kept reasonably basic so your trust's own presentation template can be added, if required.

Some slides have notes written underneath referring to information that should be given to the audience when the slide is shown. These notes occasionally refer to additional resources that you may wish to give to the audience; links to these resources can be found in Appendix 6.

The presentation can be amended as required. To personalise the presentation to your locality, you may consider adding a slide on local retailers selling cow's milk protein free alternatives to make it more practical for your audience.

The presentation can be downloaded from the 'BDA Paediatric Specialist Group' website, located with this pack.

Activities

Activity 1 - Food Labelling Game

It is advised that activity 1 is run first as activity 2 will disclose some of the answers to activity 1.

Duration: 15 minutes

Resources: Table, signs of 'Contains Milk' and 'Does Not Contain Milk' (Appendix 7), relevant empty food packaging (see below) and answer sheet (Appendix 7).

Preparation for the Activity

Prior to running the activity, you will need to gather some samples or packaging of foods which do and do not contain milk. Ideally these items should contain a mixture of foods; those which are expected to contain milk and those that would not be expected to contain milk, to promote discussion amongst the group. A list of suggested items is provided in the table below:

Food Item	Contains milk?
Cheese string/Philadelphia Cheese/Dairylea Triangles	✓
Petit Filous Fromage Frais	✓
Ambrosia Custard Pot	✓
Doritos Cool Original Flavour/Hula Hoops Original BBQ Beef	✓
Essential Waitrose Crumpets/Sainsbury's Flatbreads	✓
Bernard Matthews Wafer Thin Turkey Ham	✓
Flora Light	✓
Napolina Penne	X
Weetabix	X
Jam	X
Bourbon Creams	X
Birds Custard Powder	X
Smooth Peanut Butter	X

Table 1: Suggested Food Items for Activity 1

Signage and an information sheet on running the activity with the answer sheet will require printing and laminating (optional). These are provided in Appendix 7.

Running the Activity

1. Place the 'Contains Milk' and 'Does Not Contain Milk' signs at opposite ends of the table and place the sample food products/packaging in the middle of the table

2. Ask the audience to look at the food items (without looking at the food label) and decide as a group whether the items contain milk or not. Once they have decided, they should place this item under the relevant sign. They can leave any items that they are unsure of in the middle of the table.
3. After a maximum of 7 minutes, stop the group and go through the food items under each sign and any left in the middle. Ask members of the audience to read the food labels of the item to see if they have been placed under the correct sign. Spend more time discussing the food items, which the group found challenging or were surprised by. **Highlight that brands may differ or recipes may change, so it's always advised to check labels.**

Note: To reduce costs, you can ask colleagues to gather relevant empty food packaging or ask company representatives to supply samples. Alternatively, you could print pictures of the food items with the food labels on the other side and laminate them for use in the activity.

Activity 2 - Calcium Content of Milk Free Foods

It is advised that activity 1 is run first, as activity 2 will disclose some of the answers to activity 1.

Duration: 15 minutes

Resources: Relevant empty food packaging (see below) and answer sheet (Appendix 8)

Preparation for the activity

Prior to running the activity, you will need to gather some samples or packaging of milk free calcium containing foods. A list of suggested items is provided below. These items have been put into pairs or groups of 3, as it's intended that these items would be shown together as part of the activity. The calcium content has also been provided.

Item	Calcium Content	Answer
<ul style="list-style-type: none"> 1 slice of Hovis Best of Both Bread 1 slice of white bread 1 slice of wholemeal bread 	191mg 50mg 27mg	Hovis Best of Both Bread It is fortified with calcium. White bread is generally higher in calcium than wholemeal bread; however, higher fibre bread should be encouraged occasionally to provide fibre for a healthy, balanced diet.
<ul style="list-style-type: none"> 1 tablespoon of Ready Brek Original Porridge 30g Cheerios 	200mg 137mg	Ready Brek Both are fortified with calcium but Ready Brek to a greater extent. Both are good sources of calcium.
<ul style="list-style-type: none"> 100ml Organic Soya Milk 100ml Unsweetened Calcium-Fortified Soya Milk 	None 120mg	Calcium-Fortified Soya Milk Organic products are not generally fortified with additional vitamins and minerals
<ul style="list-style-type: none"> 30g Tesco 'Free From' Italian Style Hard Cheese Alternative 30g Sainsburys 'Free From Cheese 	58mg None	Tesco Free-From Cheese Tesco 'Free From' cheeses are fortified with calcium whereas Sainsburys range are not
<ul style="list-style-type: none"> 47g* Coyo Natural Yoghurt 47g* Koko Natural Yoghurt <p>*47g is the size of a small pot of 'Petit Filous'</p>	None 75mg	Koko Natural Yoghurt The Koko range has been fortified with calcium whereas the Coyo range hasn't. Coyo is about double the price of Koko so the more expensive the item doesn't necessarily mean the most beneficial in terms of calcium content. Coyo also has very high levels of saturated fat (20g/100g) in comparison to Koko (4.2g/100g).

Table 2: Suggested Food Items for Activity 2

An information sheet on running the activity with the answer sheet will require printing and laminating (optional). This is provided in Appendix 8.

Running the activity

1. Gather your samples of food items
2. Show the audience 2 items at a time and read aloud what they are
3. Ask them to vote for which item they think contains the most calcium by holding each item up individually and asking them to raise their hand if they wish to vote for that item

4. After votes counted, reveal the answer and explain why that item contains more, for example, it is fortified with calcium. Use the table above to help you.
5. Repeat process with each pair of food items
6. Explain to the audience that they can use food labels to determine the calcium content of foods. Share some of the samples of food around the audience and talk through how to determine the calcium content.
7. Signpost the audience to list of calcium rich foods in their information packs

Note: To reduce costs, you can ask colleagues to gather relevant empty food packaging or ask company representatives to supply samples. Alternatively, you could print pictures of the food items with the nutritional information label on the other side and laminate them for use in the activity.

Looking at cow's milk protein free alternative products

To help the audience identify suitable milk free alternative products in the shops after leaving the session, it is suggested that samples of these products are displayed at the group session so they can be looked at and pictures taken on smart phones if required. Select products which are available in supermarkets to make them more accessible for the patient group.

Providing a range of brands, to comply with HCPC standards, is advised. A minimum of 2 brands (if available) of the products below is suggested, which can include supermarket own brands. Some pictures of example products are provided on the presentation 'Cows Milk Protein Allergy: How to Wean Your Baby'.

A suggested list of products is provided below:

- Calcium fortified soya milk*
- Alpro Soya Growing Up Milk*
- Calcium fortified coconut milk* (ensure you do not choose ones that are a blend of coconut and rice milk)
- Calcium fortified oat milk* (may wish to include Oatly Barista* Edition as higher kcal)
- Calcium fortified hazelnut milk*
- Calcium fortified almond milk*
- Calcium fortified hemp milk*
- Cow's milk protein free spread (e.g. Pure, Flora Freedom, Vitalite, supermarket own brand)
- Cow's milk protein free cheese (e.g. Violife, Sheese, Tesco 'free from' range*, Sainsburys 'free from' range)
- Cow's milk protein free yoghurts (e.g. Alpro*, Koko*, Coconut Collaborative, supermarket own brand, CoYo, Nush)
- Cow's milk protein desserts/ice cream (e.g. Alpro, Swedish Glace, Coconut Collaborative, Almond Dream, Booja Booja)
- Cow's milk protein free cream (e.g. Alpro, Oatly)

- Cow's milk protein free custard (e.g. Alpro, Oatly, Bird's Custard Powder)
- Cow's milk protein free crème fraîche (e.g. Oatly*)
- Cow's milk protein free chocolate (e.g. Moo Free, Jo's Organic, Kinnerton, The Raw Chocolate Company, supermarkets own brand)

*contains calcium

Note: To reduce costs, you can ask colleagues to gather relevant empty food packaging or ask company representatives to supply samples. Alternatively, you could print pictures of the food items with the food labels on the other side and laminate them for use in the activity.

Concluding the session

This is when the audience are encouraged to complete their evaluation forms for the session and informed that their child will be invited to a 1:1 outpatient appointment in 6 months to check on their progress.

See Appendix 3 for 'Template Evaluation Form'.

Deciding if the patient needs to be reviewed sooner than 6 months after the group session

Although referrals will be screened prior to invitations to the group session being sent out, issues such as faltering growth, possible IgE mediated CMPA or multiple allergy may have not been identified prior to referral. If a patient attending the group session presents with either of these conditions or you are concerned about anything else, they should be seen in a 1:1 outpatient appointment prior to their review appointment 6 months after the group session.

After the group session

Documentation in medical/dietetic notes

To reduce paper documentation for each patient, a single sticker detailing the dietetic input can be placed in the notes or if electronic notes are used, a template can be personalised for the patient and copied and pasted.

See Appendix 5 for template medical/dietetic note entries.

Letter to referrer

A standard letter will be required to be sent to the referrer detailing the dietetic input and whether the patient is going to be reviewed in a 1:1 outpatient appointment prior to their appointment 6 months after the group session. It is advised that a copy of the letter is sent to the parents, the health visitor and the GP (if not the referrer).

See Appendix 9 for template letters to referrer.

Gathering data from evaluation forms

Data from the evaluation forms can be recorded on a spreadsheet and used when required to evaluate the service.

Completing activity data

The number of people attending the group should be recorded as part of your department's activity data. This is likely to follow local procedure.

If anybody did not attend the group and you were expecting them to, it is advised that you follow your local DNA/safeguarding policy.

A flowchart showing the process from referral to after the group session can be found in Appendix 10. The flowchart is colour-coded to denote those tasks which are required to be carried out by the dietitian and those tasks suitable for a dietetic assistant/dietetic support worker or administrative staff.

Appendix 1

Lesson plan of session

Title of presentation: Cow's Milk Protein Allergy: How to Wean Your Baby	Location: [insert location]	Target Audience: Parents of children aged 4-12 months, diagnosed with non IgE-mediated cow's milk protein allergy (CMPA)			
Date: [insert date]	Duration: 90 minutes	Speaker: Registered Dietitian			
Aim of session: To educate parents/carers on the safe management of a cow's milk protein free weaning diet					
Objectives: <ol style="list-style-type: none"> 1. Understand what cow's milk protein allergy is, the common symptoms and how it's diagnosed and treated 2. Recognise the difference between lactose intolerance & cow's milk protein allergy 3. Understand how to reintroduce cow's milk back into their child's diet using the milk ladder and the importance of early reintroduction 4. Recognise the importance of meeting their child's calcium requirements 5. Identify whether pre-packed food contains cow's milk protein by reading the food label 6. Identify calcium-rich, milk free foods 7. Have an awareness of suitable cow's milk alternative products including extensively hydrolysed and amino acid formulas if needed 					
Resources: <table border="0"> <tr> <td> Growth charts Weighing scales Length Mat Information packs <ul style="list-style-type: none"> • Suitable cow's milk free diet sheet • BDA Food Fact Sheet: Calcium • Food Standards Agency: 'Advice on food allergen labelling' • iMAP Milk Ladder & Recipes Hypoallergenic formula recipe books </td><td> Powerpoint presentation Computer Projector Product Samples <ul style="list-style-type: none"> • Calcium fortified soya, coconut, oat, hemp, hazelnut & almond milk • Alpro Soya Growing Up Milk • Cow's milk protein free spreads, cheeses, yoghurts, desserts/icecreams, creams, custards, crème fraiche & chocolate </td><td> 20 Pens (to complete evaluation forms) 2 x Tables Prepared resources for Activity 1 <ul style="list-style-type: none"> • Relevant empty food packaging • Signage 'Does contain milk' & 'Does not contain milk' • Answer sheet Prepared resources for Activity 2 <ul style="list-style-type: none"> • Relevant empty food packaging • Answer sheet </td></tr> </table>			Growth charts Weighing scales Length Mat Information packs <ul style="list-style-type: none"> • Suitable cow's milk free diet sheet • BDA Food Fact Sheet: Calcium • Food Standards Agency: 'Advice on food allergen labelling' • iMAP Milk Ladder & Recipes Hypoallergenic formula recipe books	Powerpoint presentation Computer Projector Product Samples <ul style="list-style-type: none"> • Calcium fortified soya, coconut, oat, hemp, hazelnut & almond milk • Alpro Soya Growing Up Milk • Cow's milk protein free spreads, cheeses, yoghurts, desserts/icecreams, creams, custards, crème fraiche & chocolate 	20 Pens (to complete evaluation forms) 2 x Tables Prepared resources for Activity 1 <ul style="list-style-type: none"> • Relevant empty food packaging • Signage 'Does contain milk' & 'Does not contain milk' • Answer sheet Prepared resources for Activity 2 <ul style="list-style-type: none"> • Relevant empty food packaging • Answer sheet
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Assessment: <ul style="list-style-type: none"> • Audience participation/discussion during presentation & activities • Evaluation forms 					

Duration	Relates to objective number	Content & Dietitian Activity	Parent/Carer Activity	Resources
30 minutes	-	Registration Weigh and length patients Give information packs & relevant hypoallergenic formula recipe book (if appropriate)	Allow child to be weighed Select relevant hypoallergenic formula recipe book (if applicable)	Weighing scales Length Mat Growth charts Information packs Hypoallergenic formula recipe books
3 minutes	-	Introduction Introduce session Housekeeping – any planned fire alarms, location of toilets	Listen	None
20 minutes	1 – 5, 7	Presentation – Cow's Milk Protein Allergy: How to Wean Your Baby	Listen Answer questions asked by dietitian Ask questions as required Refer to resources in information pack	Powerpoint presentation Computer Projector
15 minutes	5	Activity 1 - Food Labels	Participate in activity	Table Prepared Activity Resources
15 minutes	4, 6	Activity 2 - Calcium Content of Foods	Participate in activity	Prepared Activity Resources
5 minutes	7	Look at product samples	Participate in activity	Table Product samples
2 minutes		Conclude session Invite them to complete evaluation forms Inform that child will be invited to a 1:1 outpatient appointment in 6 months	Listen Complete evaluation form	Pens

Appendix 2

Template 'Invitation Letter'

This letter is designed to be inserted on to headed paper from your organisation. Individual patient details and group session details need to be completed. These details can be completed either electronically prior to printing or by leaving blank spaces to complete by hand.

Dear parent/carer

[insert patient's details]

Following our discussion on the telephone, you and your child are invited to attend our Cow's Milk Protein Allergy (CMPA) Weaning Group Session.

Details of the session are as follows:

Date: [insert date]

Time: [insert start and finish time]

Venue: [insert location]

When you arrive, your child will be weighed and their length measured. Please bring your child's red book with you. You will also be provided with written information, which will be referred to during the session.

The session will include an introduction to cow's milk protein allergy, following a cow's milk protein free diet including weaning advice, ensuring nutritional adequacy of the diet and cow's milk reintroduction.

Please arrive promptly for your session. If you arrive late, we may not be able to see you. This is to ensure minimal disruption for those attending the session and to ensure that important information is not missed.

Due to limited space at the venue, we are only able to accommodate [insert number of adults and children/siblings] to each patient. Pushchairs can be stored [insert location].

Delete as appropriate

*Tea and coffee will be provided (optional)

*Please note, refreshments will not be provided.

We look forward to welcoming you to our group session. If you are no longer able to attend, please contact us on the above telephone number to rearrange.

Yours faithfully

[insert name]

[insert job role]

Appendix 3

Template 'Evaluation Form'

Cow's Milk Protein Allergy (CMPA) Weaning Group Session Feedback Form

Thank you for attending the CMPA Weaning Group Session today.

To help us to improve the session, we would be grateful if you would take a few minutes to complete this short questionnaire. The questionnaire is completely anonymous.

1. How helpful did you find the following parts of the session (please circle)?

a) Presentation – Cow's Milk Protein Allergy: How to Wean Your Baby

1	2	3	4	5
Not helpful at all				Very helpful

b) Activity – Food Labels

1	2	3	4	5
Not helpful at all				Very helpful

c) Activity – Calcium Content of Foods

1	2	3	4	5
Not helpful at all				Very helpful

d) Looking at Milk Alternative Products

1	2	3	4	5
Not helpful at all				Very helpful

2. How much do you agree with the following statements (please circle)?

a) The session covered everything I wanted to know

1	2	3	4	5
Strongly Disagree				Strongly Agree

b) The length of the session was adequate

1	2	3	4	5
Strongly Disagree				Strongly Disagree

c) I am confident I can follow the dietary advice given

1	2	3	4	5
Strongly Disagree				Strongly Disagree

Please turn over...

3. Do you feel your child needs a one to one appointment with the Dietitian before they are seen again in 6 months (please circle)?

Yes

No

Maybe

Please leave details if so:

4. Is there anything else you would have liked to be included in the session?

5. Any other comments

**Once you have finished, please place in the box provided.
Thank you for taking the time to complete this questionnaire.**

Appendix 4

Checklist

Item	Tick
Pre Session	
Book venue	
Ensure availability of clinic nurse/dietetic assistant/dietetic support worker	
Ensure all invites to parents/carers are sent in plenty of time	
Ensure that enough patients can attend session to make it worthwhile	
Ensure venue has 2 tables for our use	
Purchase/ensure venue has refreshments (optional)	
Put information packs for patients together	
Prepare activities for session	
Prepare box for evaluation forms	
Running the Session	
Lesson plan	
Venue access - keys/card/ID/parking permit	
Patient list	
Patient notes & referral letters	
Growth charts	
Weighing scales	
Length mat	
Information packs for parents/carers	
Hypoallergenic formula milk recipe books	
Any additional handouts you may need	
Laptop	
Projector	
Presentation (hard copy)	
Presentation (memory stick)	
Prepared resources for Activity 1	
Prepared resources for Activity 2	
Product samples of cow's milk protein free alternatives	
20 pens	
Box for evaluation forms	
Post Session	
Document in dietetic notes for each patient	
Document in medical notes for each patient	
Send letter to referrer for each patient	
Follow local DNA policy for those who did not attend (without prior notice)	
Complete activity data	
Input data from evaluation forms into spreadsheet	

Appendix 5

Templates for Medical/Dietetic Note Entry

Both of these templates can either be printed on labels (leaving blank spaces to complete entry with individual details) and inserted into paper notes or completed with individual patient details and copied and pasted into electronic notes.

Patient to be reviewed in 6 months

This patient along with their parent/carer attended a Cow's Milk Protein Allergy (CMPA) Weaning Group Session on [insert date].

Weight = [insert weight]

Length = [insert length]

The session covered an introduction to cow's milk protein allergy, following a cow's milk free diet including weaning advice, ensuring nutritional adequacy of the diet and milk reintroduction.

Questions were answered and written information was provided.

They will be reviewed in an individual consultation in 6 months.

Patient to be reviewed prior to their appointment in 6 months

This patient along with their parent/carer attended a Cow's Milk Protein Allergy (CMPA) Weaning Group Session on [insert date].

Weight = [insert weight]

Length = [insert length]

The session covered an introduction to cow's milk protein allergy, following a cow's milk free diet including weaning advice, ensuring nutritional adequacy of the diet and milk reintroduction.

Questions were answered and written information was provided.

Due to [insert reason], this patient will be reviewed in an individual consultation in [insert timescale].

Appendix 6

Resources

BDA Food Allergy Specialist Group: Cow's Milk Free Diet for Infants and Children (requires user to log-in to BDA website to view)

https://www.bda.uk.com/regionsgroups/groups/foodallergy/fasg_1702_milk_free_children

BDA Food Facts: Calcium

<https://www.bda.uk.com/foodfacts/Calcium.pdf>

BDA Food Facts: Coping with Food Allergies

<https://www.bda.uk.com/foodfacts/CopingFoodAllergies.pdf>

BDA Food Facts: Food Allergy and Intolerance Testing

<https://www.bda.uk.com/foodfacts/AllergyTesting.pdf>

BDA Food Facts: Milk Allergy

<https://www.bda.uk.com/foodfacts/milkallergy.pdf>

BDA Food Facts: Suitable Milks for Children with Cow's Milk Allergy

<https://www.bda.uk.com/foodfacts/CowsMilkAllergyChildren.pdf>

Food Standards Agency: Advice on Food Allergen Labelling

<https://www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/allergy-leaflet.pdf>

iMAP Milk Ladder

https://www.allergyuk.org/assets/000/001/297/iMAP_Final_Ladder-May_2017_original.pdf?1502804928

iMAP Milk Ladder Recipes

- Biscuit https://www.allergyuk.org/assets/000/001/632/iMAP-Home_Recipe_Sheet_1_Biscuit_FINAL_Jan_31_original.pdf?1517827753
- Muffin https://www.allergyuk.org/assets/000/001/634/iMAP-Home_Recipe_Sheet_2_Muffin_FINAL_Jan_31_original.pdf?1517827755

- Pancake [https://www.allergyuk.org/assets/000/001/638/iMAP-Home Recipe Sheet 3 Pancake FINAL Jan 31 original.pdf?1517927278](https://www.allergyuk.org/assets/000/001/638/iMAP-Home_Recipe_Sheet_3_Pancake_FINAL_Jan_31_original.pdf?1517927278)

Appendix 7

Resources for Activity 1

Signage

It is advised that these signs are laminated once they are printed so they can be reused.

**Contains
milk**

**Does not
contain
milk**

Copy of Answer Sheet

It is advised that this is printed and laminated so it can be taken along for the dietitian to refer to as part of the activity.

Activity 1 - Food Labelling Game Instruction Sheet

It is advised that activity 1 is run first as activity 2 will disclose some of the answers to activity 1.

Duration

15 minutes

Resources

- Table
- Signs of 'Contains Milk' and 'Does Not Contain Milk'
- Relevant empty food packaging
- Answer sheet

Running the Activity

1. Place the 'Contains Milk' and 'Does Not Contain Milk' signs at opposite ends of the table and place the sample food products/packaging in the middle of the table
2. Ask the audience to look at the food items (without looking at the food label) and decide as a group whether the items contain milk or not. Once they have decided, they should place this item under the relevant sign. They can leave any items that they are unsure of in the middle of the table.
3. After a maximum of 7 minutes, stop the group and go through the food items under each sign and any left in the middle. Ask members of the audience to read the food labels of the item to see if they have been placed under the correct sign. Spend more time discussing the food items, which the group found challenging or were surprised by. **Highlight that brands may differ or recipes may change, so it's always advised to check labels.**

Activity 1 – Food Labelling Game Answer Sheet

Food Item	Contains milk?
Cheese string/Philadelphia Cheese/Dairylea Triangles	✓
Petit Filous Fromage Frais	✓
Ambrosia Custard Pot	✓
Doritos Cool Original Flavour/Hula Hoops Original BBQ Beef	✓
Essential Waitrose Crumpets/Sainsburys Flatbreads	✓
Bernard Matthews Wafer Thin Turkey Ham	✓
Napolina Penne	X
Weetabix	X
Jam	X
McVities Bourbon Creams	X
Birds Custard Powder	X
Smooth Peanut Butter	X

Appendix 8

Resources for Activity 2

Copy of Instructions & Answer Sheet

It is advised that this is printed and laminated so it can be taken along for the dietitian to refer to as part of the activity.

Activity 2 – Calcium Content of Milk Free Foods Instruction Sheet

It is advised that activity 1 is run first, as activity 2 will disclose some of the answers to activity 1.

Duration

15 minutes

Resources required

- Relevant empty food packaging
- Answer sheet

Running the activity

1. Gather your samples of food items
2. Show the audience 2 items at a time and read aloud what they are
3. Ask them to vote for which item they think contains the most calcium by holding each item up individually and asking them to raise their hand if they wish to vote for that item
4. After votes counted, reveal the answer and explain why that item contains more, for example, it is fortified with calcium. Use the table above to help you.
5. Repeat process with each pair of food items
6. Explain to the audience that they can use food labels to determine the calcium content of foods. Share some of the samples of food around the audience and talk through how to determine the calcium content.
7. Signpost the audience to list of calcium rich foods in their information packs

Activity 2 – Calcium Content of Milk Free Foods

Answer Sheet

Item	Calcium Content	Answer
<ul style="list-style-type: none"> 1 slice of Hovis Best of Both Bread 1 slice of white bread 1 slice of wholemeal bread 	191mg 50mg 27mg	Hovis Best of Both Bread It is fortified with calcium. White bread is generally higher in calcium than wholemeal bread; however, higher fibre bread should be encouraged occasionally to provide fibre for a healthy, balanced diet.
<ul style="list-style-type: none"> 1 tablespoon of Ready Brek Original Porridge 30g Cheerios 	200mg 137mg	Ready Brek Both are fortified with calcium but Ready Brek to a greater extent. Both are good sources of calcium.
<ul style="list-style-type: none"> 100ml Organic Soya Milk 100ml Unsweetened Calcium-Fortified Soya Milk 	None 120mg	Calcium-Fortified Soya Milk Organic products are not generally fortified with additional vitamins and minerals
<ul style="list-style-type: none"> 30g Tesco 'Free From' Italian Style Hard Cheese Alternative 30g Sainsburys 'Free From Cheese 	58mg None	Tesco Free-From Cheese Tesco 'Free From' cheeses are fortified with calcium whereas Sainsburys range are not
<ul style="list-style-type: none"> 47g* Coyo Natural Yoghurt 47g* Koko Natural Yoghurt <p>*47g is the size of a small pot of 'Petit Filous'</p>	None 75mg	Koko Natural Yoghurt The Koko range has been fortified with calcium whereas the Coyo range hasn't. Coyo is about double the price of Koko so the more expensive the item doesn't necessarily mean the most beneficial in terms of calcium content. Coyo also has very high levels of saturated fat (20g/100g) in comparison to Koko (4.2g/100g).

Appendix 9

Template letters to referrer post session

These letters are designed to be inserted on to headed paper from your organisation and individual patient details completed.

Patient to be reviewed in 6 months

Dear [insert referrer's name]

[insert patient details]

Diagnosis: Non IgE-mediated Cow's Milk Protein Allergy (CMPA)

Weight: [insert weight]

Length: [insert length]

Thank you for referring the above patient for advice on cow's milk protein allergy.

Along with their parent/carer, they attended a Cow's Milk Protein Allergy (CMPA) Weaning Group on [insert date].

The session covered an introduction to cow's milk protein allergy, following a cow's milk protein free diet including weaning advice, ensuring nutritional adequacy of the diet and milk reintroduction.

Questions were answered and written information was provided.

They will be reviewed in an individual consultation in 6 months where their progress will be checked *and the continued need of their extensively hydrolysed or amino acid infant formula assessed.
(*delete as appropriate)

We would appreciate your ongoing support for this family.

If you have any queries, please do not hesitate to contact our department.

Yours sincerely,

[insert dietitian name]

Paediatric Dietitian

Cc: GP (if applicable)/HV (if applicable)/Parents

Patient to be reviewed prior to their appointment in 6 months

Dear [insert referrer's name]

[insert patient details]

Diagnosis: Non IgE-mediated Cow's Milk Protein Allergy (CMPA)

Weight: [insert weight]

Length: [insert length]

Thank you for referring the above patient for advice on cow's milk protein allergy.

Along with their parent/carers, they attended a Cow's Milk Protein Allergy (CMPA) Weaning Group on [insert date].

The session covered an introduction to cow's milk protein allergy, following a cow's milk protein free diet including weaning advice, ensuring nutritional adequacy of the diet and milk reintroduction.

Questions were answered and written information was provided.

Due to [insert reason], this patient will be reviewed in an individual consultation in [insert timescale]. We will keep you informed of their progress.

If you have any queries, please do not hesitate to contact our department.

Yours sincerely,

[insert dietitian name]

Paediatric Dietitian

Cc: GP (if applicable)/HV (if applicable)/Parents

Appendix 10

Flow Diagram of Process

