

Setting up group sessions to manage infants with CMPA

Lisa Cooke

Head Of Paediatric Dietetics, Nutrition and SALT,
Joint AHP lead, Bristol Royal Hospital for Children

Bristol-developed BPA resource pack (may 2018)

- guide to setting up running and follow-up for Weaning Group sessions
- aimed at parents/carers with infants 4-12 months old with non-IgE mediated CMPA
- covers parent's questions and practical tips
- appendices contain templates of useful documents

Impetus for resource

- referrals out way resources (dietetic time) – group sessions should reduce outpatient waiting times
- Care and advice is repetitive - running groups is an energy time saver
- creates an opportunity for peer support

Practicalities: who runs the session

- a paediatric dietitian would lead the session
- a dietetic assistant/dietetic support worker/clinic nurse/HV could complete growth measurements and help with activities

Practicalities: attendees

- limit to a maximum of 15 infants –number will need to be decided by individual centres depending on space
- siblings attending should be minimised to prevent parent's getting distracted

Practicalities: session duration and frequency

- 90 minutes, including time for questions, book venue for 2½ hours to include setting-up/tidying away
- sessions can be run as frequently as required depending on:
 - number and suitability of referrals
 - staff availability
 - access to venue

Practicalities: initial talk

- cover all aspects of CMPA management that would be covered in a 1:1 outpatient appointment:
 - what is Cow's Milk Protein Allergy (CMPA)
 - Symptoms and Diagnosis
 - Lactose Intolerance
 - Treatment of Cow's Milk Protein Allergy
 - Food Labelling (with group activity)

Practicalities: content – group work

- meal Ideas for Milk-Free Alternative Products (including suitable milk substitutes for infants)
- introduction of other common allergenic foods
- reintroducing cow's milk back using the milk ladder
- meeting calcium requirements (includes a group activity on calcium content of milk free foods)
- vitamins for children
- useful websites e.g. Food Maestro App

Practicalities: venue

- Venue: easy access, large room with pram/pushchair space, parking e.g. health centres, GP surgeries, hospitals
- a computer/projector are required for PowerPoint presentations
- separate weighing & measuring room is preferable
- access to tea/coffee facilities (optional)

Pearls from Bristol

- run 2 clinics/day once a month to save time, 10.00-11.30am and then 1.00-2.30pm, need 2 staff, 1 qualified and 1 support worker/HV
- pre-clinic triage system to gather information
 - good to audit for future clinic planning
- bring red book- support worker can gather and plot and highlight if an issue – have WIFI and use e-notes
- post session time saver with standard letters

What's next 1?

- work with local business for venues e.g. PlaySpace
- standardised referral template
- standard opt in letters with choice of attendance to reduce DNA/CNA last minute
- weigh and measure babies a pre-session and bring red book

What's next 2?

- electronic local GP referral form, advertise in e-newsletter, feed out from allergy clinic
- BASCI GP What's app
- IgE mediated-FASG looking at this
- Regional networks
- feedback very positive: ?longer session; to be seen ASAP after diagnosis – further evaluation needed ?PhD project
- Present outcomes at meetings