Suspected Cow's Milk Allergy (CMA) in the 1st Year of Life - having taken an Allergy-focused Clinical History

TB/AF/ NS/CV/JW Oct 2013

Mild to Moderate Non-IgE-mediated CMA 'Delayed' Onset Symptoms

Mostly 2-72 hrs. after ingestion of CMP

Formula fed, exclusively breast fed or at onset of mixed feeding

One, or often, more than one of these symptoms:

Gastrointestinal

'Colic'

Vomiting - 'Reflux' - GORD
Food refusal or aversion
Loose or frequent stools
Perianal redness
Constipation
Abdominal discomfort,
Blood and/or mucus in stools in an

Skin

Pruritus, erythema Significant atopic eczema

otherwise well infant

Respiratory

'Catarrhal' airway symptoms (usually in combination with one or more of the above symptoms)

Can be managed in Primary Care See Management Algorithm

Severe

Non-IgE-mediated CMA 'Delayed' Onset Symptoms

Mostly 2-72 hrs. after ingestion of CMP

Formula fed, exclusively breast fed or at onset of mixed feeding

Severe persisting symptoms of one or more of:

Gastrointestinal

Diarrhoea, vomiting, abdominal pain, food refusal or food aversion, significant blood and/or mucus in stools, irregular or uncomfortable stools.

+/- Faltering growth

Skin

Severe Atopic Eczema +/- Faltering Growth

Cow's Milk Free Diet Amino Acid Formula AAF

Advise breast feeding mother to exclude all CMP from her own diet and to take daily Calcium (1000mg) and Vitamin D (10mcg) supplements

Ensure:

Urgent referral to a paediatrician with an interest in allergy

Urgent dietetic referral

Severe IgE CMA

ANAPHYLAXIS

Immediate reaction with severe respiratory and/or CVS signs and symptoms.
(Rarely a severe gastrointestinal presentation)

Emergency
Treatment
and
Admission

Mild to Moderate IgE-mediated CMA 'Acute' Onset Symptoms

Mostly within minutes of ingestion of CMP Mostly formula fed or at onset of mixed feeding

One or more of these symptoms:

Skin

Acute pruritus, erythema, urticaria, angioedema Acute 'flaring' of atopic eczema

Gastrointestinal

Vomiting, diarrhoea, abdominal pain/colic

Respiratory

Acute rhinitis and/or conjunctivitis



Cow's Milk Free Diet

Extensively Hydrolysed Formula - eHF

(Initial choice, but some infants may then need an Amino Acid Formula - AAF trial if not settling)

Advise breast feeding mother to exclude all CMP from her own diet and to take daily Calcium (1000mg) and Vit D (10mcg) supplements

IgE testing needed.

If diagnosis confirmed (which may require a Supervised Challenge) – Follow-up with serial IgE testing and later planned and Supervised Challenge to test for acquired tolerance

Dietetic referral required

If competencies to arrange and interpret testing are not in place - early referral to a paediatrician with an interest in allergy - advised

To test for Tolerance

Primary Care Management of Mild to Moderate Non-IgE CMA

(No initial IgE Skin Prick Tests or Serum Specific IgE Assays necessary)

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Exclusively Breast-Fed Formula-Fed or 'Mixed Feeding' (Breast and Formula) Strict Cow's Milk Protein free Diet Strict Exclusion of cow's milk containing foods from Maternal Diet Formula-fed - Trial of an Extensively Hydrolysed Formula (eHF) in infant Maternal supplements of Calcium (1000mg) and Vitamin D (10mcg) daily Mixed feeding - Trial of a cow's milk free Maternal Diet Refer to dietitian With eHF top-ups for infant if needed If CMA - most symptoms will settle well within the agreed 2-4 week Elimination Diet Refer to dietitian If CMA - most symptoms will settle well within the agreed 2-4 week Elimination Diet No Improvement **Improvement** - need to confirm Diagnosis No Improvement **Improvement** - need to confirm Diagnosis Home Challenge: Mum to revert to normal Perform Home Challenge using cow's milk CMA still suspected: CMA still suspected: diet containing cow's milk containing foods over formula Refer to a paediatrician with period of one week (to be done between 2-4 weeks (to be done between 2-4 weeks of starting Need to consider other an interest in allergy of starting Elimination Diet) Elimination Diet) maternal foods e.g. egg Consider a trial of AAF Refer to a paediatrician with an interest in allergy No return of Symptoms: No return of Symptoms: **Symptoms Symptoms NOT CMA** return **NOT CMA** return CMA no longer suspected: CMA no longer suspected: Exclude cow's milk containing foods Return to usual maternal diet Unrestricted diet again from maternal diet again. Return to the eHF again. Consider referral to general Consider referral to general Symptoms Symptoms If symptoms settle: paediatricians if symptoms paediatricians if symptoms do not do not If symptoms settle: persist CMA NOW CONFIRMED persist settle settle **CMA NOW CONFIRMED** If top-up formula feeds needed: Use an **AAF** Cow's milk free diet until 9-12 months of age and for at least 6 months – with support of dietitian A planned Reintroduction or Supervised Challenge is then needed to determine if tolerance has been achieved Performing a Reintroduction vs. a Supervised Challenge is dependent on the answer to the question: Does the child have Current Eczema or ANY history at ANY time of acute onset symptoms? No Current Eczema History of acute onset symptoms at any time And no history at any stage of acute onset symptoms Serum Specific IgE or Skin Prick Test needed **Current Eczema** (No need to check Serum Specific IgE or perform Skin Prick Test) **Negative Positive** Reintroduction at Home – using a MILK LADDER Check Serum Specific IgE or Liaise with local Allergy Service Re: Challenge (or tests not available) To test for Tolerance Skin Prick Test to cow's milk And still no history at any stage of acute onset symptoms Negative **Positive** Refer to a paediatrician with an interest in allergy Reintroduction at Home - using a MILK LADDER (A **Supervised Challenge** may be needed)