Hertfordshire and West Essex Integrated Care System

NHS Hertfordshire and West Essex Integrated Care Board

Guidance for GP Practices - Stopping Cow's Milk Protein Allergy (CMPA) infant formula at 1 year of age

Introduction

After their first birthday the majority of children do not need CMPA infant formulas. From the age of 1, children will get most of the nutrients they need from food. If children are still unable to tolerate cow's milk, a fortified non-dairy alternative milk (such as soya or oat drink) purchased from a shop/supermarket can be included as part of a healthy, balanced diet.

ePACT2 dispensing data shows that 20 – 30% of CMPA infant formulas are prescribed for children aged 1 year and older. This data does not include prescription of Neocate Junior (highly specialist formula designed for children over 1 year old with complex gastrointestinal conditions and/or severe allergies). A minority of patients (5-10%) will have a clinical need to continue CMPA infant formula after their first birthday, but for the majority it is appropriate to stop as detailed in the HWE CMPA guidance.

Prescribed CMPA infant formulas included

Priority Group	Product Names Included
Extensively Hydrolysed Formula (EHF)	SMA Althera Nutramigen LGG 1 Nutramigen LGG 2 Aptamil Pepti 1 Aptamil Pepti 2 Aptamil Pepti Syneo Arize
Amino Acid Formula (AAF)	Neocate LCP Neocate Syneo SMA Alfamino Nutramigen Puramino
Infant Follow-on Formula (EHF)	Nutramigen LGG 3

This guidance **does not** include any other prescribed infant formula or specialist product including:

- High Energy: SMA High Energy, Infatrini, Infatrini Peptisorb, Similac High Energy
- Preterm: SMA Gold Prem 2, Nutriprem 2
- Other specialist indications: Aptamil Pepti Junior, Neocate Junior, Neocate Spoon

Identifying patients to be included

This guidance is intended for patients:	This guidance is not intended for patients with one or more of the following conditions:
• Aged 1 year or older • With confirmed or suspected non IgE mediated (delayed) CMPA • With non IgE mediated (delayed) CMPA with soya allergy • Prescribed EHF or AAF (see previous page)	• IgE mediated (immediate onset) CMPA • Confirmed faltering growth • Complex health issues under secondary or tertiary care, for example severe gastrointestinal, cardiac or respiratory conditions • Tube fed • Multiple food allergies

Procedure

1.	GP practice to request CMPA searches for EMIS/SystmOne from PMOT by emailing hweicbhv.medicinesoptimisationteam@nhs.net
2.	GP practice to identify member of practice staff to run search and carry out review.
3.	GP practice member of staff to review patient using the 5 step check to confirm suitability for CMPA formula prescription stopping.
4.	GP practice to action prescription stop, send letter to parent/carer and accompanying patient resource if appropriate.
5.	Parents/carers who raise concerns about stopping formula to be directed to their managing dietitian. If patient is not under the care of a paediatric dietitian, GP practices should refer to HWE CMPA guidance to review suitability for stopping formula which may include referral to paediatric dietitian.

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