

## Referring to Local Services

**All patients with suspected/confirmed cow's milk allergy (CMA) should be referred to a paediatric dietitian.**

This is essential as a dairy-free diet may be lower in energy, protein, calcium, vitamin B12 and iodine than a normal diet, requiring bespoke dietetic support.

### The role of a paediatric dietitian in CMA

- Support the diagnosis of non-IgE CMA using appropriate dairy challenge e.g. iMAP Home Challenge
- Provide breastfeeding mothers with information on a nutritionally adequate dairy-free diet **if required**.
- Provide dairy-free complementary feeding advice.
- Support with gradual re-introduction of dairy using the iMAP Milk Ladder at the appropriate age, and transitioning onto an appropriate plant-based milk alternative in place of hypoallergenic formula (HF).

### The role of the paediatric prescribing support dietitian (PSD) in South East London (SEL)\*

- Run Telephone Non-IgE CMA Rapid Access Clinic (RAC)
- Support pathways for the management of CMA as set out by SEL guidelines.
- Improve cost-effectiveness of HF prescribing practices, as well as the quality of care provided to patients with suspected/ confirmed CMA.
- Support practices in ensuring all prescriptions are appropriate, indicated, the correct volume and they are stopped at the appropriate time.
- Contact parents or parent/ guardian of the patients where appropriate, to support the above, as part of GP audits.
- Provide training on CMA to GPs, health visitors, pharmacists and secondary care.

\*Not available in Greenwich. Please refer to the Oxleas Community Dietitians for similar service

Borough	Local Allergy clinic	Telephone Non IgE-mediated CMA RAC or similar local service	Local Dietetic services	Health visitors and breastfeeding support
When to refer	Any child who presents with IgE-mediated Allergy symptoms and/or multiple food allergies ( <i>please check local guidance</i> ).	Any child under 14 months of age with suspected non-IgE CMA, meeting referral criteria. See <a href="#">Referral Form for Telephone Non IgE-mediated CMA RAC</a> and <a href="#">Pathway for Telephone Non IgE-mediated CMA RAC</a>	Any child with suspected/ confirmed CMA who does not meet criteria for Telephone Non IgE-mediated CMA RAC (e.g. older than 14 months or growth faltering) or Allergy clinic.	Any mother that wishes to breastfeed but is having difficulties or needs support.
Bexley	<b>All referrals via e-RS.</b> Paediatric Allergy Clinic, Darent Valley Hospital, Darenth Wood Road, Dartford, DA2 8DA Tel: 01322 428100 <b>Please also refer to Local Dietetic service (Darent Valley Dietetics)</b>	<b>Telephone Non IgE-mediated CMA RAC</b> <b>All referrals via eRS (from GPs) or email (non-GPs only).</b> Use <a href="#">Referral Form for Telephone Non IgE-mediated CMA RAC</a> or on DXS under clinic name below <b>e-RS instruction for GPs:</b> <b>Speciality:</b> Dietetics <b>Clinic Type:</b> Food allergy and intolerance <b>Clinic name:</b> Telephone non IgE-mediated cow's milk allergy rapid access clinic, <b>Email instruction for non-GPs only:</b> Send form to <a href="mailto:selcmaracreferrals@nhs.net">selcmaracreferrals@nhs.net</a> (referrals from GPs will not be accepted via this email) Contact: <a href="mailto:gstt.prescribingsupportdietitians@nhs.net">gstt.prescribingsupportdietitians@nhs.net</a> (for queries only - referrals <b>cannot be accepted via this email</b> ).	Department of Nutrition and Dietetics at Darent Valley Hospital, Darenth Wood Road, Dartford, DA2 8DA Tel: 01322 428439 Email: <a href="mailto:dgn-tr.dvhdietitians@nhs.net">dgn-tr.dvhdietitians@nhs.net</a>	Health visitors <a href="#">Bexley 0-4 Children's Public Health Service</a>  Breastfeeding support Tel: 0300 330 5777 Email: <a href="mailto:bromh.bexley0to19@nhs.net">bromh.bexley0to19@nhs.net</a>  <a href="#">Bexley-BF-Info-1016.pdf (kentbabymatters.org)</a>
	<b>All referrals via e-RS.</b> Paediatric Allergy Service, Queen Elizabeth Hospital, Stadium Road, SE18 4QH Tel: 020 8836 6222			
Bromley	<b>All referrals via eRS.</b> Paediatric Allergy Service, Princess Royal University Hospital, Farnborough Common, Orpington, BR6 8ND Tel: 01689 864065 Email: <a href="mailto:kch-tr.br-referrals@nhs.net">kch-tr.br-referrals@nhs.net</a>	<b>Telephone Non IgE-CMA RAC</b> <b>All referrals via eRS (from GPs) or email (non-GPs only).</b> Use <a href="#">Referral Form for Telephone Non IgE-mediated CMA RAC</a> or on DXS under clinic name below <b>e-RS instruction for GPs:</b> <b>Speciality:</b> Dietetics <b>Clinic Type:</b> Food allergy and intolerance <b>Clinic name:</b> Telephone non IgE-mediated cow's milk allergy rapid access clinic, <b>Email instruction for non-GPs only:</b> Send form to <a href="mailto:selcmaracreferrals@nhs.net">selcmaracreferrals@nhs.net</a> (referrals from GPs will not be accepted via this email) Contact: <a href="mailto:gstt.prescribingsupportdietitians@nhs.net">gstt.prescribingsupportdietitians@nhs.net</a> (for queries only - referrals <b>cannot be accepted via this email</b> ). <b>OR</b>	Community: Bromley Healthcare, Beckenham Beacon, 379 Croydon Road, Beckenham, BR3 3QL Email: <a href="mailto:BROMH.childrendietitians@nhs.net">BROMH.childrendietitians@nhs.net</a> Tel: 0300 330 5777  Acute: Paediatric Dietitians, Princess Royal University Hospital, Farnborough Common, Orpington, BR6 8ND Tel: 01689 865743 Email: <a href="mailto:kch-tr.Paediatricdietitianspruh@nhs.net">kch-tr.Paediatricdietitianspruh@nhs.net</a>	Health visitors <a href="#">Bromley 0-4 years Public Health Service</a>  Breastfeeding support Tel: 0300 330 5777 Email: <a href="mailto:bromh.bromley0to19@nhs.net">bromh.bromley0to19@nhs.net</a>  <a href="#">Bromley Breastfeeding groups</a>

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		<b>Community dietitians:</b> Bromley Healthcare, Beckenham Beacon, 379 Croydon Road, Beckenham, BR3 3QL Email: <a href="mailto:BROMH.childrensdietitians@nhs.net">BROMH.childrensdietitians@nhs.net</a> Tel: 0300 330 5777		
Greenwich	<b>All consultant referrals for allergy clinic via eRS</b> except dietetic referrals. Paediatric Allergy Service, Queen Elizabeth Hospital, Stadium Road, SE18 4QH Tel: 020 8836 6222	<b>Community dietitians:</b> Oxleas Children's Nutrition and Dietetics Service, Memorial Hospital, Shooter Hill, SE18 3RZ Email: <a href="mailto:oxl-tr.childrenstherapies@nhs.net">oxl-tr.childrenstherapies@nhs.net</a> Tel: 0208 836 8621 option 2	<b>Community:</b> Oxleas Children's Nutrition and Dietetics Service, Memorial Hospital, Shooter Hill, SE18 3RZ Email: <a href="mailto:oxl-tr.childrenstherapies@nhs.net">oxl-tr.childrenstherapies@nhs.net</a> Tel: 0208 836 8621 option 2  <b>Acute:</b> Dietetics Department, Inpatient Therapies Centre, 1 <sup>st</sup> Floor, Queen Elizabeth Hospital, Stadium Road, London, SE18 4QH Tel: 020 8836 5062 Email: <a href="mailto:LG.QE-Dietitians@nhs.net">LG.QE-Dietitians@nhs.net</a>	<b>Health visitors</b> <a href="#">Greenwich 0 to 4 years Health Visiting service</a>  <b>Breastfeeding support</b> Tel: 0300 330 5777 Email: <a href="mailto:bromh.greenwich0to4admin@nhs.net">bromh.greenwich0to4admin@nhs.net</a>  <b>Infant feeding clinics: Greenwich 0 to 4</b>
Lambeth and Southwark	Children's Allergy Service 2nd Floor, Block B, South Wing, St Thomas's Hospital, Westminster Bridge Road, SE1 7EH Tel: 020 7188 3300 Email: <a href="mailto:gst-tr.allergypaediatrics@nhs.net">gst-tr.allergypaediatrics@nhs.net</a> <b>All referrals via eRS.</b>	<b>Telephone Non IgE-mediated CMA RAC</b> <b>All referrals via eRS (from GPs) or email (non-GPs only).</b> Use <a href="#">Referral Form for Telephone Non IgE-mediated CMA RAC</a> or on DXS under clinic name below <b>e-RS instruction for GPs:</b> <b>Speciality:</b> Dietetics <b>Clinic Type:</b> Food allergy and intolerance <b>Clinic name:</b> Telephone non IgE-mediated cow's milk allergy rapid access clinic, <b>Email instruction for non-GPs only:</b> Send form to <a href="mailto:selcmaracreferrals@nhs.net">selcmaracreferrals@nhs.net</a> <i>(referrals from GPs will not be accepted via this email)</i> Contact: <a href="mailto:gstt.prescribing-supportdietitians@nhs.net">gstt.prescribing-supportdietitians@nhs.net</a> <i>(for queries only - referrals cannot be accepted via this email).</i>	Children's Dietetic Service, Nutrition and dietetics, 3rd floor, South Wing St Thomas' Hospital, Westminster Bridge Road, SE1 7EH Email: <a href="mailto:gst-tr.paediatricdietitians@nhs.net">gst-tr.paediatricdietitians@nhs.net</a> <b>All referrals via eRS</b>	<b>Health Visitors</b> <a href="#">Lambeth &amp; Southwark Health Visitor teams</a>  Lambeth Tel: 020 3049 5300 Email: <a href="mailto:gst-tr.spahealthvisitingsservicelambeth@nhs.net">gst-tr.spahealthvisitingsservicelambeth@nhs.net</a>  Southwark Tel: 020 3049 8166 Email: <a href="mailto:gst-tr.spahealthvisitingsservicesouthwark@nhs.net">gst-tr.spahealthvisitingsservicesouthwark@nhs.net</a>  <b>Breastfeeding</b> <a href="#">Breastfeeding support for Lambeth &amp; Southwark</a> Email: <a href="mailto:gstt.maternitybreastfeedingservice@nhs.net">gstt.maternitybreastfeedingservice@nhs.net</a>
	Paediatric Allergy Service Third floor, Cheyne Wing, King's College Hospital, Denmark Hill, London, SE5 9RS Tel: 020 3299 4647 Email: <a href="mailto:kch-tr.kingspaedallergy@nhs.net">kch-tr.kingspaedallergy@nhs.net</a> <b>All referrals via eRS.</b>		Paediatric Dietitians, Unit 6, The Business Park, Kings College Hospital, Denmark Hill, SE5 9RS Email: <a href="mailto:kch-tr.PaediatricDieteticReferrals@nhs.net">kch-tr.PaediatricDieteticReferrals@nhs.net</a> Direct line (referrals, appointments): 0203 299 1812 Answer machine and direct line for children's dietitians: 020 3299 4434	
Lewisham	Children's Allergy Clinic, University Hospital Lewisham, Lewisham High Street, SE13 6LH Tel: 020 3192 6824 Allergy Nurse Specialist: 023 8192 6144 Email: <a href="mailto:LG.PaedAllergy@nhs.net">LG.PaedAllergy@nhs.net</a> <b>All referrals via eRS – Clinic name: Children's Allergy RAS</b>	<b>Telephone Non IgE-mediated CMA RAC</b> <b>All referrals via eRS (from GPs) or email (non-GPs only).</b> Use <a href="#">Referral Form for Telephone Non IgE-mediated CMA RAC</a> or on DXS under clinic name below <b>e-RS instruction for GPs:</b> <b>Speciality:</b> Dietetics <b>Clinic Type:</b> Food allergy and intolerance <b>Clinic name:</b> Telephone non IgE-mediated cow's milk allergy rapid access clinic, <b>Email instruction for non-GPs only:</b> Send form to <a href="mailto:selcmaracreferrals@nhs.net">selcmaracreferrals@nhs.net</a> <i>(referrals from GPs will not be accepted via this email)</i> Contact: <a href="mailto:gstt.prescribing-supportdietitians@nhs.net">gstt.prescribing-supportdietitians@nhs.net</a> <i>(for queries only - referrals cannot be accepted via this email).</i>	Nutrition and Dietetic Department, Suite 9, University Hospital Lewisham, Lewisham High Street, SE13 6LH Email: <a href="mailto:tih-tr.LewishamDietetics@nhs.net">tih-tr.LewishamDietetics@nhs.net</a> Tel switch board: 020 8333 3000 Tel dietetic department: 020 8333 3314	<b>Health visitors</b> <a href="#">Lewisham Health Visitors</a> Tel: 020 3049 1873  <b>Breastfeeding</b> <a href="#">Breastfeeding hubs in Lewisham</a> Email: <a href="mailto:lq.breastfeedingvirtualhubs@nhs.net">lq.breastfeedingvirtualhubs@nhs.net</a>

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Helpful links		<p>The clinic can be found on eRS under:</p> <p><b>Clinic name:</b> Telephone non IgE-mediated cow's milk allergy rapid access clinic,</p> <p><b>Speciality:</b> Dietetics,</p> <p><b>Clinic Type:</b> Food allergy and intolerance.</p> <p><a href="#">Referral Form for Telephone Non IgE-mediated CMA RAC</a></p> <p><a href="#">Pathway for Telephone Non IgE-mediated CMA RAC</a></p>	<p>To determine growth faltering see <a href="https://cks.nice.org.uk/topics/faltering-growth/background-information/definition/23">https://cks.nice.org.uk/topics/faltering-growth/background-information/definition/23</a></p> <p>For WHO growth charts see <a href="https://www.rcpch.ac.uk/resources/uk-who-growth-charts-0-4-years24">https://www.rcpch.ac.uk/resources/uk-who-growth-charts-0-4-years24</a></p>	<p>For breast feeding and bottle feeding advice, visit the UNICEF baby friendly pages: <a href="http://www.unicef.org.uk/BabyFriendly/">www.unicef.org.uk/BabyFriendly/</a></p> <p><a href="https://www.firststepsnutrition.org/">https://www.firststepsnutrition.org/</a></p>
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