



Cow's Milk Protein Allergy Management Plan



KEY FACTS

- Cow's milk protein allergy is the leading cause of food allergy in infants and young children
- Affects around 2% of infants under 2 years of age
- About 90% of children develop tolerance by 6 years of age

Patient Name _____

Checklist prepared by _____

Signed _____

Date _____

KEY SYMPTOMS

Early Reactions

Minutes to 2 hours

Yes

OR

Delayed Reactions

48 hours or longer

Yes

- Skin** (E.g. Atopic eczema, angioedema, urticaria)
- Gastrointestinal** (E.g. Diarrhoea, constipation, vomiting, colic)
- Respiratory** (E.g. Wheezing, runny nose, coughing)

The majority of affected children have one or more symptoms involving one or more organ systems, mainly the gastrointestinal tract and/or skin

DIAGNOSIS

Oral Food challenge (gold standard)

Yes

But also

- Detailed medical and physical history
Including growth assessment eg. weight for age, length for age
- Diagnostic elimination diets
Remove CMP from the child's diet (or mothers if breast feeding). In severe cases elimination may need to continue for 2-4 weeks. Observe whether clinical symptoms resolve or not.
- Skin prick tests, specific IgE measurements
Eg. > 3mm wheal after 15 minutes

TREATMENT OPTIONS

Breast Fed

- Continue breast feeding and elimination of CMP from maternal diet



OR

Non Breast Fed

- Extensively hydrolysed formula with proven efficacy
- Soy protein-based formula in infants older than 6 months
- Rice based formula that meets all other nutritional needs

REFERENCES: Koletzko et al, JPN. 55. 2. 221-229. 2012, Lifschitz and Szajewska, Eur. J Peds. 174. 141-150. 2015, Muraro et al, Allergy 69. 1008-1025. 2014