

A Joined Up Approach to Infant Feeding Disorders & Allergy

Practical considerations in diagnosis and management

At this event:

- Engage with local and national experts
- Practical advice & latest updates on managing infant food allergy
- Lecture notes available for download
- Receive a certificate for your appraisal portfolio

Saturday 25th April 2020

Holiday Inn-Brighton Seafront

137 King's Road, Brighton BN1 2JF

Meet the Speakers ...

Dr Bruce McLain Consultant Paediatric Gastroenterologist, North Teesside

Bruce McLain trained in paediatric gastroenterology in Melbourne, Australia and Vancouver, Canada. Upon returning to the UK, he established his practice in Teesside, where he is still working. Dr McLain's main areas of clinical practice are inflammatory bowel disease, eosinophilic oesophagitis, and gut allergy and coeliac disease. In his role as overseas examination lead for the Royal College of Paediatrics and Child Health (RCPCH), he has helped to deliver a new exam in 12 countries outside the UK.



Dr Helen Howells BM Honours DCH DRCOG DFSRH DOHNSnMRCGP (2015) MSc Allergy with Honours

GP With Extended Role in Paediatric Allergy

Dr Howells qualified from Southampton University in 2005. After rotating through several hospital posts, she undertook GP training and completed this in 2015. She is a portfolio GP working for the Bournemouth GP Urgent Treatment Centre and as a visiting GP for several local surgeries.

Helen became interested in allergy due to her own experiences of managing a child with milk and nut allergies. As a result, she commenced the MSc in Allergy at Southampton University and completed her studies almost two years ago.

Helen has been working with the paediatric allergy team at the University Hospital of Southampton for the last four years. She is the chairperson of the primary care group of BSACI (British Society of Allergy and Clinical Immunology). She spends a great deal of her free time running allergy education sessions for primary care staff and is an honorary lecturer at Southampton University.



Katie Clark Senior Paediatric Dietitian - Royal Alexandra Children's Hospital, Brighton.

Katie Clark is a Senior Paediatric Dietitian working at the Royal Alexandra Children's Hospital in Brighton. She gained a Post Graduate Diploma in Dietetics back in 1994 from Leeds Metropolitan University following her original Degree in Food Science at King's College in London. She moved to Paediatrics after having her own children, now 14 and 15.

Katie has a special interest in allergy and enjoys working within the allergy team. She keeps up to date with research on food allergy and translates this into practical guidance for parents. Katie has been involved in national research studies investigating the effects of prebiotics and probiotics in a hypoallergenic formula on gut microbiota. Katie has had experience working with GPs when seconded to the CCG for a project to audit and provide guidance on the prescribing of specialist infant formulas. She is aware of the importance of education to facilitate more appropriate prescribing in both primary and secondary care. Katie has chosen to remain firmly at the front line and as such has huge experience in the practical aspect of dietary management of allergy.

In her spare time Katie is trying to learn French, but really prefers watching a good crime drama.



Programme and Learning Agenda ...

COURSE CODE 1328

A Joined Up Approach to Infant Feeding Disorders & Allergy

Practical considerations in diagnosis and management

08.15-9.00 **Registration**

09.00-09.15 **Bruce McLain**

Morning Chair's welcome: The scope of the problem

09.15-09.45 **Bruce McLain**

Common causes of gastrointestinal symptoms in infants

- Differential diagnosis of colic, reflux and lactose intolerance
- Recognising red flags

09.45-10.20 **Helen Howells**

Could it be allergy? Identification and assessment

- Signs and symptoms, from the inside out
- Making a confident diagnosis
- Overview of allergy management principles
- When to refer to secondary care

10.20-10.55 **Katie Clark**

Dietary management of cow's milk allergy

- Guidance for breastfeeding mothers and on specialist formulas
- Weaning allergic infants
- Ensuring an adequate diet and providing support to families
- When and how to reintroduce cow's milk

10.55-11.15 **Refreshment break**

11.15-11.50 **Bruce McLain**

New approaches to food allergy prevention and management

- Can we help children outgrow their allergy and impact long-term clinical outcomes?

11.50-12.50 **ALL**

Case study discussion: A multidisciplinary approach

- A series of case studies, providing practical tips that can be applied to your everyday practice

12.50-13.00 **Bruce McLain**

Afternoon Chair's close

Presentations solely reflect the views of the authors and arrangements made in accordance with the BSNA Infant Nutrition Industry Code of Practice. **IMPORTANT NOTICE:** Breastfeeding is the best nutrition for babies.

In conjunction with MediConf, the Mead Johnson Pediatric Nutrition Institute has funded and supported the development of this meeting.

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