

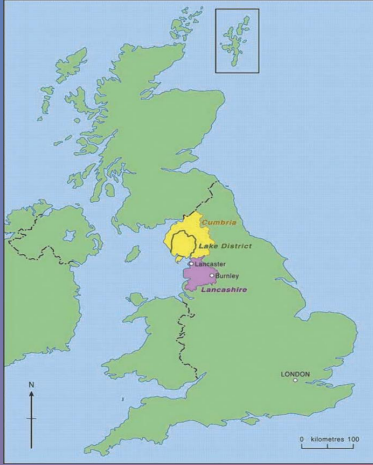


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PRIMARY CARE TRAINING HUB



How to save your PCN £19k in 6 months?

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October 2024



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BMG
BAY MEDICAL GROUP
For Happier, Healthier People

Background

- Paediatric Dietitian
- FCP – Paediatric Dietitian
- Primary Care Clinical Advisor – Lancashire and South Cumbria Training Hub



Background



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- BMG is a Primary Care Network that provides care to approximately 54000 patients
- The practice operates out of 5 different sites
- Well-developed extended team

Background



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- Prior to November 2023 – Discussion with BMG and UHMBT regarding support for an FCP Paediatric Dietitian
- Already 2 FCP Adult Dietitians in post – employed directly by the practice
- Paediatric Dietetic FCP role at the Bay Medical Practice commenced on the 1st November 2023
- Initially a Pilot until 30th June 2024 – this has now been extended
- Current SLA with the BMG – 8 hours per week

Background



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- When initially started working at the BMG significant number of free slots
- Discussed with PCN managers – evaluation of prescription formulas for cows milk protein allergy

Cows Milk Protein Allergy



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- Cow's milk protein allergy (CMPA), affects around 2-5 % of infants in the U.K
- CMPA is one of the most common food allergies
- CMPA has a varied and broad presentation, making it extremely hard to diagnose.
- CMPA tends to resolve in most infants, with 50% of allergies resolving in the first year of life and 80-90% having resolved by the time the child is five years old

Cows Milk Protein Allergy



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- Nationally, prescriptions for specialist milk formulas used to treat this allergy has increased by 500% between 2006 and 2016, from 105,029 to over 600,000.
- This increase in prescriptions increased spending, from £8.1 million annually to over £60 million, highlighting the impact CMPA has on the NHS.
- Cost of specialist infant formula:-
- 400g of Neocate - £24.82, 400g of Aptamil Pepti - £9.86. Difference per tin £14.96. Average prescription 8 x 400g tins each month.
- Average number of tins per month – 8-12 x 400g tins.
- If prescribed 12 x tins of Neocate per month - £297 per month
- If prescribed 12 x tins of Aptamil Pepti per month - £118.32 per month

Cows Milk Protein Allergy - Evaluation



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Aim

- Review the number of patients receiving a specialist infant formula on prescription at Bay Medical Practice
- Review the patient's requirement for prescriptions of specialist infant formula

Cows Milk Protein Allergy Evaluation



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Methodology

- Requested list of all patients prescribed a specialist infant formula
- List split into 2 dependent on age
- Initial focus was on children over the age of 1 year
- Each child's notes reviewed and parents contacted if:-
 - Specialist infant formula continue to be prescribed over the age of 1
 - Not reviewed by a Dietitian/ Paediatrician within the last 6 months and/or no correspondence regarding the prescription formula
 - Family contacted initially by Accurex asking the family to book an appointment to review prescription of specialist infant formula
- If appointment not made – contacted the family by telephone

Cows Milk Protein Allergy Evaluation



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Methodology

- Second phases concentrated on infants under the age of 1
- Each child's notes reviewed and parents contacted if:-
 - Specialist infant formula continue to be prescribed
 - Not reviewed by a Dietitian/ Paediatrician
 - No documentation of a challenge
 - Family contacted initially by Accurex asking the family to book an appointment to review prescription of specialist infant formula
- If appointment not made – contacted the family by telephone

Prescription of infant Formulas at BMG



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Results

- 32 children over the age of 1 were prescribed specialist infant formula. Of those 32 patients, after a review only 2 are now prescribed a specialist infant formula
- 18 (56%) patients over the age of 1 were prescribed an amino acid-based formula
- 41 infants under the age of 1 were prescribed a specialist infant formula and 11 stopped following review.
- 41% of infants under the age of 1 were being prescribed an amino- acid based formula and 11% changed to a
- 90% of infants should respond to an EHF
- Therefore 31% (13 patients) of infants are potentially being prescribe an Amino Acid based formula when they should respond to an extensively hydrolysed formula.

Prescription of infant formulas at BMG



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Evaluation

- Positive - Significant cost saving
- Some families were grateful for the phone call as 'they had felt completely lost' and 'didn't know when to change the formula'
- Some concerns about complaints/challenge to stopping prescription formula, but none received
- Is this the role of the FCP – Dietitian?

Appointments

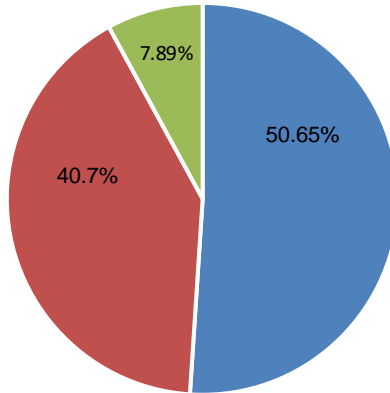


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- FCP Paediatric Dietitian has been working at the BMG for 24 weeks. There have been 175 available appointments with 151 filled appointments. 87% of appointments filled

Type of Appointment



■ Telephone ■ Face to Face ■ Was Not Brought

- 104 (69%) new appointments offered
- 47 (31%) review appointments offered

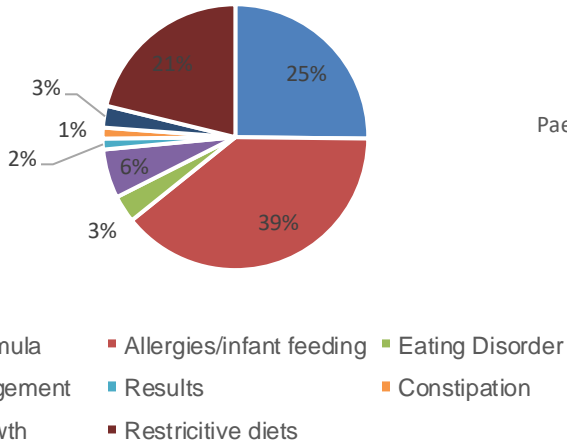
Appointments



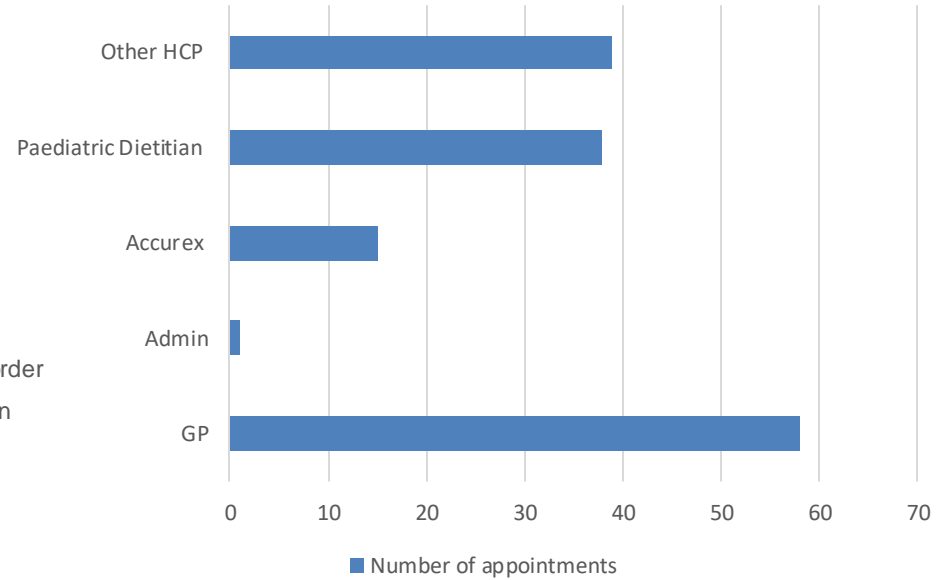
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Reason for review



Source of referral



Referral to other services



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- 1 - Paediatrics for IgE Allergy testing
- 1 - Eating Disorder Team
- 1 - Infant feeding team
- 4 - Paediatric Dietitians at UHMBT
- 2 – Paediatric bloods
- 1 referral to Paediatrics by GP - cancelled

Patient Feedback



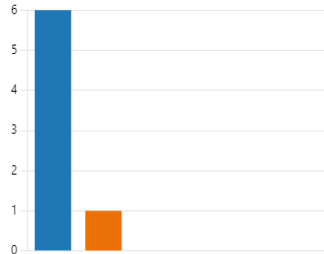
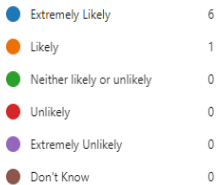
1. Overall, how was your experience of our service?

[More Details](#)



2. How likely are you to recommend our service to friends and family if they needed similar care or treatment?

[More Details](#)



3. What is the main reason for your answer to the question?

7 Responses

ID ↑	Name	Responses
1	anonymous	Good advice nice lady
2	anonymous	Feel very supported by Natalie and it's really nice to have regular appointments with a specialist in this area.
3	anonymous	Finally felt listened to!
4	anonymous	They really understood everything that was going on with my son and was very helpful
5	anonymous	Very good
6	anonymous	Lots of advise and very helpful. Made us feel welcome and comfortable
7	anonymous	I was put at ease immediately and reassured

What next?

- Continue to collect data
- ? Publish data
- Monthly review of prescriptions
- Teaching to all within PCN



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