

Referral Criteria for Community Dietetic Services for Adults

All referrals should have been discussed and agreed with patient beforehand.

Before referring check: If patient is ready to make dietary changes and/or first line dietary advice has been given

All referrals will need the following information:

Patient details including NHS number, age, sex and ethnicity
Weight, height and BMI
Relevant medication
Relevant social history

Diagnosis and reason for referral to the Dietetic service
Relevant past medical history
Relevant recent measures i.e. HbA1c, lipids, u&e's, LFT's, TTG
Any safety measures

A referral form and first line advice is available from:

Dietetic Department, St Martin's Hospital, Clara Cross Lane, Bath, BA2 5RP Tel 01225 833916 Email ruh-tr.referralsSMHdietitians@nhs.net

Condition	Criteria	Resources for those outside the criteria (<i>links also available on referral form</i>)
Allergies and Food Intolerances	<ul style="list-style-type: none"> Lactose Intolerance. Wheat intolerance. Food allergy with skin prick test results or specific IgE test and concern about diet. 	<ul style="list-style-type: none"> www.bda.uk.com - Food factsheets. www.allergyuk.org
Assessment and nutritional deficiencies	<ul style="list-style-type: none"> Anaemia. Other nutrient deficiencies e.g. Calcium, iron due to limited or restricted diet. 	<ul style="list-style-type: none"> www.bda.uk.com - Food factsheets. www.milk.co.uk www.nos.org.uk (National Osteoporosis Society) www.vegsoc.org
Cardiovascular disease	<ul style="list-style-type: none"> 10 year CVD risk above 10% (NICE CG 181 Cardiovascular disease). Provide CHD risk percentage and supporting lipid results. Patients with existing CVD e.g. post Myocardial Infarction, Cardiac Bypass surgery with dietary concerns. 	<p>Various leaflets and fact sheets are available from:</p> <ul style="list-style-type: none"> www.BHF.org.uk www.heartuk.org.uk
Diabetes	<ul style="list-style-type: none"> Group education is available to all people with newly diagnosed Type 2 Diabetes. We will see those who have declined to attend the group sessions in an outpatient appointment. Poor or deteriorating blood glucose control. Impaired glucose tolerance. 	<ul style="list-style-type: none"> www.diabetes.org.uk - Various leaflets can be ordered through Diabetes UK. www.bda.uk.com - Food factsheets.
Gastrointestinal Problems	<ul style="list-style-type: none"> Irritable Bowel Syndrome (IBS) - clinically diagnosed using NICE guidance, details of investigations to be provided and patients must have been offered first line advice. IBD – Crohn's Disease and Ulcerative Colitis with ongoing problems. Coeliac Disease with ongoing problems. 	<ul style="list-style-type: none"> www.bda.uk.com - Food factsheet on IBS. www.crohnsandcolitis.org.uk www.coeliac.org.uk.
Nutritional Support	<ul style="list-style-type: none"> Malnutrition, identified as high risk by the MUST (Malnutrition Universal Screening tool) following locally agreed MUST Flow chart. Underweight BMI < 18.5kg/m² or >10% unexplained weight loss in previous 6 months. Review of prescribed oral nutritional supplements. Dysphagia and poor intake. 	<ul style="list-style-type: none"> Food First Advice for Improving Nutrition leaflet available from the Dietetic Department. www.ruh.nhs.uk www.bda.uk.com – Food fact sheet. www.ndr-uk.org- Information on managing small appetites for older people.

	<ul style="list-style-type: none"> Pre tube feeding advice. (<i>Home artificial support provided by Home Management Service</i>). 	
Obesity	<ul style="list-style-type: none"> BMI \geq 40 with co-morbidities (e.g., hypertension, raised blood lipids) or BMI \geq 50 with no co-morbidities. <p>Other Complex obesity and / or other clinical dietetic therapy need, and all other initiatives have been tried to no effect: (Refer to weight management pathways) Please check that the patients are motivated and committed to make lifestyle changes before referring.</p>	<ul style="list-style-type: none"> First line advice from the dietetic department. www.ruh.nhs.uk www.bdaweightwise.com, www.teenwise.com www.slimmingworld.co.uk www.rosemaryconley.com www.weightwatchers.com
Other disease states	<ul style="list-style-type: none"> Cancer with weight loss or diet related symptoms. Chronic kidney disease patients with a GFR 30 and above, and ACR 30 and below. Advice will focus on dietary risk factors according to severity. (Patients with GFR below 29 and ACR above 30 may need referral to specialist renal dietetic service (NICE CG 182 July 2014). 	<ul style="list-style-type: none"> www.wcrf-uk.org - Various leaflets on cancer available to order or download.
Pregnancy	<ul style="list-style-type: none"> With special dietary needs e.g. vegan, significant nausea and vomiting resulting in an inadequate nutritional intake, previous low birth weight baby and poor diet. 	<ul style="list-style-type: none"> www.nhs.uk/conditions/pregnancy-and-baby/healthy-pregnancy-diet/ www.bda.uk.com - Food factsheet.
Exclusions	<ul style="list-style-type: none"> Patients with on-going treatment from Acute Services, Avon and Wiltshire Mental Health Trust and Dietetic Services available e.g. Patients with Type 1 Diabetes on multiple daily injections or insulin pump. Eating disorders e.g. Anorexia or Bulimia Nervosa and no other clinical problem requiring dietetic intervention. Patients who have had bariatric surgery. Constipation. General dietary advice e.g. healthy eating, vegetarian and vegan diet, Additives. Cholesterol lowering advice and no other clinical problem requiring dietetic intervention. 	<ul style="list-style-type: none"> www.b-eat.co.uk – information on eating disorders. www.wlsinfo.org.uk First line advice available from the dietetic department www.ruh.nhs.uk www.nhs.uk/change4life/ www.vegsoc.org

Referrals meeting the above criteria are accepted from patient's GP and where agreed, with nurses and other allied health professionals. First line advice and monitoring should have been offered prior to a referral being made. If you are unsure about a referral please contact the Dietetic Department.

Unfortunately there is now a long waiting list for an appointment to see the dietitian. However all referrals are prioritised according to clinical need. If your patient advises you that they have not heard from the service or patients situation changes please contact the service. Suggested resources do not constitute an endorsement of the information.