

### Dietetic Community Referral Guidelines













Referrals will only be accepted on the **Community Nutrition & Dietetic Referral Form**.

**ALL sections must be completed.** Incomplete referral forms will be returned to sender.

Referrals must be faxed, emailed or sent to the address on the referral form.

**Domiciliary referrals** – send referral form to Estover Health Centre.

**Direct access outpatients** – send referral form to Dietetic Dept, Level 7 Derriford Hospital.

| REASON                    |   | CRITERIA REQUIRED  |
|---------------------------|---|--|
| DIABETES                  |    | <ul style="list-style-type: none"> <li>All NEWLY DIAGNOSED (Type 2) direct referral via <i>SENTINEL</i> the Plymouth Diabetes Centre</li> <li>ESTABLISHED (Type 2)</li> <li>Impaired Glucose Tolerance or Impaired Fasting Tolerance – Blood results confirming the diagnosis MUST be included</li> </ul> <p>[All Type 1 direct referral to Dietetic dept, Level 7, Derriford Hospital]</p>                                  |
| OBESITY                   |    | <p>Must be ready to make lifestyle changes. Referrals accepted only if criteria for 10% Club or Specialist Weight Management is NOT met.</p> <ul style="list-style-type: none"> <li><b>Non-Asian</b> BMI <math>\geq 30</math></li> <li><b>Asian</b> (South Asian &amp; Chinese) BMI <math>\geq 27.5</math></li> </ul>  |
| CARDIOVASCULAR DISEASE    |    | <ul style="list-style-type: none"> <li>Hyperlipidaemia (simple, those at risk of heart disease or familial hyperlipidaemia) – include recent lipid profile e.g. Total chol, LDL, HDL, TG's etc.</li> </ul>   |
| NUTRITIONAL SUPPORT       |    | <ul style="list-style-type: none"> <li>Malnutrition/Underweight - identified as high risk by the MUST (Malnutrition Universal Screening Tool (excluding anorexia or bulimia)</li> <li>Swallowing / feeding difficulties post Speech and Language Therapy (SLT) assessment (SLT report to be attached)</li> <li>Enteral Feeding</li> <li>Review of prescribed oral nutritional supplements</li> <li>Pressure sores</li> </ul> |
| GASTROINTESTINAL PROBLEMS |  | <ul style="list-style-type: none"> <li>Inflammatory Bowel Disease (e.g., Crohns Disease, Ulcerative Colitis)</li> <li>Irritable Bowel Syndrome (Clinically diagnosed by NICE GUIDANCE 61 (2008) Criteria)- please indicate how patient meets this criteria</li> <li>Constipation</li> <li>Malabsorption</li> </ul>   |
| FOOD INTOLERANCES         |  | <ul style="list-style-type: none"> <li>Coeliac Disease (only if Derriford Coeliac Clinic is declined) – include recent blood tests ( FBC, Serum Folate/ferritin/Vit B12, Alkaline Phosphatase – if raised check calcium &amp; Vit D, Thyroid Function/Anti-thyroid antibodies)</li> <li>Lactose Intolerance</li> <li>Other food intolerances</li> </ul>  |
| NUTRITIONAL DEFICIENCIES  |  | <ul style="list-style-type: none"> <li>Anaemia – supporting blood results to be attached</li> <li>Other nutrient deficiencies e.g. Vitamin D, calcium - supporting blood results to be attached</li> </ul>   |
| PREGNANCY                 |  | <ul style="list-style-type: none"> <li>With special dietary needs e.g. vegan / weight management BMI <math>\geq 30\text{Kg/m}^2</math> / nutritionally compromised</li> </ul>  |
| OTHER DISEASE STATES      |  | <ul style="list-style-type: none"> <li>HIV/AIDS, cancer/palliation/ neurological condition, e.g. MS, MND, Parkinson's Disease, PSP, Stroke, etc.</li> </ul>  |
| PAEDIATRICS               |  | <ul style="list-style-type: none"> <li>Faltering growth – If weight has fallen 2 or more centiles or weight is 2 or more centiles below height</li> <li>Food hypersensitivity (intolerance/allergy) – Include diagnosis, symptoms &amp; weight history</li> <li>Familial Hyperlipidaemia</li> <li>Gastrointestinal problems</li> <li>Obesity – If weight is 2 centiles or more above height centile</li> </ul>               |
| SPECIAL NEEDS             |  | <ul style="list-style-type: none"> <li>Paediatric learning disability</li> <li>Adult able to attend direct access outpatient appointment and does NOT meet learning disability referral pathway criteria</li> </ul>  |
| EATING DISORDERS          |  | <ul style="list-style-type: none"> <li>Diagnosed eating disorder but does NOT meet referral criteria for Eating Disorder Pathway</li> </ul>  |

**Additional Information:**

Patients will be assessed and advised within 5 weeks from receipt of an appropriate referral.

**Contact Information:**

|   |  |  |
|---|--|--|
| <p><b>Community Nutrition &amp; Dietetic Department</b><br/> <b>Estover Health Centre</b><br/> <b>Leypark Walk</b><br/> <b>Estover</b><br/> <b>Plymouth</b><br/> <b>PL6 8UE</b></p> <p><b>Tel: 01752 314925</b></p> | <p>Specialist Weight Management<br/> Cumberland Centre<br/> Damerel Close<br/> Plymouth<br/> PL1 4JZ</p> <p>Tel: 01752 434623</p>                          | <p>10% Club<br/> (Plymouth area only)<br/> Tel: 01752 434190 / 434098</p> <p>SHINE<br/> Tel: 01752 435129<br/> Email: PCHCIC.Shine@nhs.net</p>   |
| <p>Plymouth Diabetes Centre<br/> Level 06<br/> Derriford Hospital<br/> Plymouth<br/> PL6 8DH</p> <p>Tel: (01752) 763032</p>   | <p>Learning Disabilities Team<br/> Westbourne Unit<br/> Scott Business Park<br/> Beacon Park Road<br/> Plymouth<br/> PL2 2PQ</p> <p>Tel: 0845 155 8077</p> | <p>Community Mental Health<br/> Eating Disorders</p> <p>SEDCAS<br/> (Severe Eating Disorder<br/> Consultation and Assessment<br/> Service)<br/> Tel: 01752 314052</p> <p>Eating Disorders Service<br/> Tel: 01752 228027</p> |

**Useful Patient Information:**

|                                 |   |      |
|---------------------------------|---|------|
| 1 M.U.S.T. score                | <a href="http://www.bapen.org.uk/pdfs/must/must_full.pdf">http://www.bapen.org.uk/pdfs/must/must_full.pdf</a>   | 2011 |
| 2 Healthy Eating For Pregnancy  | <a href="https://www.bda.uk.com/foodfacts/Pregnancy">https://www.bda.uk.com/foodfacts/Pregnancy</a>   | 2013 |
| 3 Food allergies & intolerances | <a href="http://www.bda.uk.com/foodfacts/Allergy.pdf">http://www.bda.uk.com/foodfacts/Allergy.pdf</a>   | 2012 |
| 4 BDA Weight Wise               | <a href="http://www.bdaweightwise.com/">http://www.bdaweightwise.com/</a>   | 2013 |
| 5 Food choices & diabetes       | <a href="http://www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/Healthy-eating/Top-tips/">http://www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/Healthy-eating/Top-tips/</a> | 2014 |
| 6 Cholesterol the facts         | <a href="https://www.bda.uk.com/foodfacts/cholesterol">https://www.bda.uk.com/foodfacts/cholesterol</a>   | 2014 |
| 7 IBS and diet                  | <a href="https://www.bda.uk.com/foodfacts/IBSfoodfacts">https://www.bda.uk.com/foodfacts/IBSfoodfacts</a>   | 2013 |
| 8 Coeliac Disease               | <a href="https://www.coeliac.org.uk/home/">https://www.coeliac.org.uk/home/</a>   | 2015 |

**Appendices attached:**

Appendix 1 – Community Nutrition & Dietetic Referral Form

Appendix 2 – Newly Diagnosed Type 2 Diabetes referral criteria & form

Appendix 3 – Specialist Weight Management referral criteria & form

Appendix 4 - 10% Club referral criteria & referral information

Appendix 5 – SHINE referral criteria & form