GUIDELINES FOR ADULT REFERRALS TO A DIETITIAN

Dietary management of some patients can be dealt with in general practice. When more specific advice is needed, dietetic referral may be appropriate. If unsure, it is possible to seek telephone advice from a dietitian before sending a written referral. Community Dietetic Clinics are held in Health Centres and Clinics throughout Greater Nottingham.

As the current service is small, one 30-minute appointment is offered. Standard procedure at appointment is to complete a detailed patient assessment, agree a care plan or dietary targets with the individual, and inform the referrer and GP of the consultation. Follow up in primary care is recommended. Support available includes telephone advice, training and literature.* (* See overleaf)

<table>
<thead>
<tr>
<th>CATEGORY 1</th>
<th>CATEGORY 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>In this category it is recommended that patients be advised by a GP, practice nurse, or community nurse, with support from the Nutrition &amp; Dietetic Service.*</td>
<td>For patients requiring specialist advice from a Registered Dietitian.</td>
</tr>
<tr>
<td><strong>OBESITY</strong></td>
<td><strong>OBESITY</strong></td>
</tr>
<tr>
<td>• Advice for overweight/obese patients using Weight Wise resources*</td>
<td>• Obese patients (BMI over 35) with other medical conditions such as diabetes, hyperlipidaemia, hypertension</td>
</tr>
<tr>
<td>• Follow up support for those initially advised by a dietitian.</td>
<td></td>
</tr>
<tr>
<td><strong>HYPERLIPIDAEMIA</strong></td>
<td><strong>HYPERLIPIDAEMIA</strong></td>
</tr>
<tr>
<td>• First line advice for modifiable risk factors</td>
<td>• Complicated patients with additional CHD risk factors e.g. obesity, diabetes, hypertension</td>
</tr>
<tr>
<td>• Follow up support for those initially advised by a dietitian.</td>
<td>• Patient with poor understanding of dietary management of hyperlipidaemia following first line advice</td>
</tr>
<tr>
<td><strong>DIABETES</strong></td>
<td><strong>DIABETES</strong></td>
</tr>
<tr>
<td>• First-line advice</td>
<td>• Patients with CHD risk factors in addition to diabetes e.g. obesity, hyperlipidaemia</td>
</tr>
<tr>
<td>• Follow up support for those initially advised by a dietitian.</td>
<td>• Poor control of diabetes with HbA1c consistently over 8%</td>
</tr>
<tr>
<td>• First-line advice for impaired fasting glucose and impaired glucose tolerance</td>
<td>• Patients with poor understanding of the dietary management of diabetes following first line advice</td>
</tr>
<tr>
<td><strong>NUTRITIONAL SUPPORT</strong></td>
<td><strong>NUTRITIONAL SUPPORT</strong></td>
</tr>
<tr>
<td>• First-line advice for individuals with reduced appetite</td>
<td>• Where BMI remains &lt; 19 and patients nutritional status continues to deteriorate</td>
</tr>
<tr>
<td>• Those who have had a recent unplanned weight loss of 10% or more of their usual body weight</td>
<td></td>
</tr>
<tr>
<td>(Refer to “Nutritional Support in the Community pack” and/or “Nottingham Guidelines on the use of Sip Feeds”)*</td>
<td></td>
</tr>
<tr>
<td><strong>MISCELLANEOUS</strong></td>
<td><strong>MISCELLANEOUS</strong></td>
</tr>
<tr>
<td>• Healthy eating advice</td>
<td>Patients with:</td>
</tr>
<tr>
<td>• Vegetarian</td>
<td>• Confirmed food allergy/food intolerance e.g. milk intolerance, coeliac disease</td>
</tr>
<tr>
<td>• Indigestion problems</td>
<td>• Nutritional deficiencies</td>
</tr>
<tr>
<td>• High fibre for constipation</td>
<td>• Severe IBS (other causes excluded) if first line advice does not help</td>
</tr>
<tr>
<td>• Anaemia due to poor dietary intake</td>
<td></td>
</tr>
</tbody>
</table>
SERVICES AVAILABLE

Prior to dietetic referral, patients should receive first line dietary advice from a member of the Primary Health Care Team. Literature, telephone advice and training sessions are available to support this work.

RESOURCES

Available literature includes:

“Weight Wise” (obesity management)
“Eating, Drinking and Diabetes - A Guide for You”
“Eating, Drinking and Heart Disease - A Guide for you”

Order forms can be requested by
Tel: (0115) 942 8744

The “Nutritional Support in the Community” pack is held by all district-nursing teams.

Additional copies of the “Nottingham Guidelines on the Use of Sip Feeds” are available on request from the Dietetic Department.

Healthy Eating booklets and 5 A DAY materials to promote fruit and vegetables, are available from the Resource Centre at Linden House (0115) 942 8750.

TELEPHONE ADVICE

The dietetic service is able to offer telephone advice to health professionals regarding the dietary management of patients or to discuss the suitability of referral.

TRAINING

A comprehensive programme of training is available - please see PCT brochure “Learning and Development Opportunities”.

DIABETES GROUPS

To assist diabetes education, patients with diabetes are offered a place at a diabetes education session if one is available in their area.

DOMICILLIARY VISITS

In addition to advising patients in clinics, home visits are arranged if appropriate. As this can be very time-consuming, the service is restricted to patients who are housebound.

Usually only one initial assessment visit is undertaken and the patient’s progress is monitored by other health professionals e.g. Community Nurses, who may visit regularly. Liaison is maintained through the key health professional.

CONTACT DETAILS

Nottingham Community Nutrition and Dietetic Service
Linden House
261 Beechdale Road
Aspley
Nottingham
NG8 3EY

Tel: (0115) 942 8744
Fax: (0115) 942 8748

REVIEW DATE: March 2008