

## Referral Criteria for Community Dietetic Services

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 Dietetic service  
Relevant past medical history  
Relevant recent measures i.e. HbA1c, lipids, u&e's, LFT's  
Any safety measures

A local referral form and first line advice is available from:

- B&NES and North & West Localities at Dietetic Department St Martin's Hospital, Clara Cross Lane, Bath, BA2 5RP or Chippenham Hospital, Chippenham, SN15 2AJ, or Tel 01225 833916 Fax 01225 831735 or Tel 01249 456512 Fax 01249 465247

Referrals can be sent to your local service or faxed – (we are not part of Choose and Book)

Condition	Criteria	Resources for those outside the criteria
<b>Diabetes</b>	<ul style="list-style-type: none"> <li>Group education is available to all people with newly diagnosed Type 2 Diabetes through the Diabetes Services. We will see those who have declined to attend the group sessions.</li> <li>Poor or deteriorating blood glucose control</li> <li>Impaired glucose tolerance</li> </ul> <p>People with Type 1 Diabetes should be referred through the local Diabetes Service</p>	<ul style="list-style-type: none"> <li><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a> - Various leaflets can be ordered through Diabetes UK</li> </ul>
<b>Cardiovascular disease</b>	<ul style="list-style-type: none"> <li>10 year CVD risk above 20% (NICE CG 67 Lipid Modification, 05/ 2008). Provide CHD risk percentage and supporting lipid results.</li> <li>Patients with existing CVD e.g. post Myocardial Infarction, Cardiac Bypass surgery with dietary concerns.</li> </ul>	<p>Various leaflets and fact sheets are available from:</p> <ul style="list-style-type: none"> <li><a href="http://www.BHF.org.uk">www.BHF.org.uk</a></li> <li><a href="http://www.heartuk.org.uk">www.heartuk.org.uk</a></li> </ul>
<b>Nutritional Support</b>	<ul style="list-style-type: none"> <li>Malnutrition, identified as high risk by the MUST (Malnutrition Universal Screening tool) following locally agreed MUST Flow chart</li> <li>Underweight BMI &lt; 18.5kg/m<sup>2</sup> or &gt;10% unexplained weight loss in previous 6 months</li> <li>Review of prescribed oral nutritional supplements</li> <li>Enteral Feeding support for patients requiring long term artificial support. Includes review of feeding requirements, training and advice.</li> </ul>	<ul style="list-style-type: none"> <li>Food First Advice for Improving Nutrition leaflet available from the Dietetic Department</li> <li><a href="http://www.bda.uk.com">www.bda.uk.com</a> – Food fact sheet</li> <li><a href="http://www.ndr-uk.org">www.ndr-uk.org</a> - Information on managing small appetites for older people</li> </ul>
<b>Gastrointestinal Problems</b>	<ul style="list-style-type: none"> <li>Irritable Bowel Syndrome (IBS) - clinically diagnosed using NICE guidance, details of investigations to be provided and patients must have been offered first line advice.</li> <li>IBD – Crohn's Disease and Ulcerative Colitis with ongoing problems (these patients will usually be referred from secondary care)</li> <li>Coeliac Disease (diagnosed as per NICE Guidance CG 86, 05/2009)</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.bda.uk.com">www.bda.uk.com</a> - Food fact sheet on IBS</li> <li><a href="http://www.crohnsandcolitis.org.uk">www.crohnsandcolitis.org.uk</a> - Staying well with IBD and food and IBD</li> <li><a href="http://www.coeliac.org.uk">www.coeliac.org.uk</a>.</li> </ul>
<b>Food Intolerances</b>	<ul style="list-style-type: none"> <li>Lactose Intolerance (diagnosed by hydrogen breath test)</li> <li>Wheat intolerance</li> <li>Food allergy with skin prick test results or specific IgE test and concern about diet</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.bda.uk.com">www.bda.uk.com</a> - Food fact sheets</li> <li><a href="http://www.milk.co.uk">www.milk.co.uk</a> (The Dairy Council)</li> </ul>

<b>Assessment and nutritional deficiencies</b>	<ul style="list-style-type: none"> <li>Anaemia</li> <li>Other nutrient deficiencies e.g. Vitamin D, calcium</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.bda.uk.com">www.bda.uk.com</a> - Food fact sheets</li> <li><a href="http://www.milk.co.uk">www.milk.co.uk</a></li> <li><a href="http://www.nos.org.uk">www.nos.org.uk</a> (National Osteoporosis Society)</li> <li><a href="http://www.vegsoc.org">www.vegsoc.org</a></li> </ul>
<b>Pregnancy</b>	<ul style="list-style-type: none"> <li>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 .</li> <li>A limited service is available for pregnant women with booking in weight of BMI over 30 in line with NICE Guidance PH11 (patients seen within standard waiting times)</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.nhs.uk/Livewell/pregnancy/">www.nhs.uk/Livewell/pregnancy/</a></li> <li><a href="http://www.bda.uk.com">www.bda.uk.com</a> - Food fact sheet</li> </ul>
<b>Paediatrics</b>	<ul style="list-style-type: none"> <li>Cows milk protein allergy/ food intolerances/allergy</li> <li>Faltering growth</li> <li>Fussy eaters for assessment of dietary intake (1 appointment)</li> <li>Iron deficiency anaemia</li> <li>Weight reduction (limited service) 91-98<sup>th</sup> centile on BMI chart with co-morbidities or &gt; 98<sup>th</sup> Percentile with no co-morbidities and initiatives have been tried to no effect.</li> <li>Vegan, vegetarian with weight/growth concerns excluding suspected eating disorders</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.anaphylaxis.org.uk">www.anaphylaxis.org.uk</a></li> <li><a href="http://www.eatwell.gov.uk/healthissues">www.eatwell.gov.uk/healthissues</a></li> <li><a href="http://www.infantandtoddlerforum.org">www.infantandtoddlerforum.org</a> – Resources on healthy eating and nutritional problems</li> <li><a href="http://www.vegsoc.org">www.vegsoc.org</a></li> </ul>
<b>Other disease states</b>	<ul style="list-style-type: none"> <li>Cancer with weight loss or diet related symptoms,</li> <li>Chronic renal failure stage 1 and 2 (eGFR 60 and above) Patients should be referred to designated Renal services with CRF above stage 2</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.wcrf-uk.org">www.wcrf-uk.org</a> - Various leaflets available to order or download</li> </ul>
<b>Obesity</b>	<p><b>If all other initiatives have been tried to no effect:</b> (Refer to healthy weight pathways <a href="http://www.bathnes.gov.uk/services/public-health">www.bathnes.gov.uk/services/public-health</a> )</p> <p><b>Non-Asian</b></p> <ul style="list-style-type: none"> <li>BMI ≥ 28 plus 2 co-morbidities (e.g., hypertension, raised blood lipids) or BMI ≥ 35</li> </ul> <p><b>South Asian</b></p> <ul style="list-style-type: none"> <li>BMI ≥ 25 plus 2 co-morbidities (e.g., hypertension, raised blood lipids) or BMI ≥ 27</li> </ul> <p><b>Or Waist circumference</b></p> <ul style="list-style-type: none"> <li>Men ≥ 102cm (37") South Asian Men ≥90cm (36")</li> <li>Women ≥ 88cm (34") South Asian Women ≥80cm (32")</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.counterweight.org">www.counterweight.org</a> (Evidence based lifestyle weight management programme, available to all practices.</li> <li><a href="http://www.bdaweightwise.com">www.bdaweightwise.com</a>, <a href="http://www.teenwise.com">www.teenwise.com</a></li> <li><a href="http://www.slimmingworld.com">www.slimmingworld.com</a></li> <li><a href="http://www.rosemaryconley.com">www.rosemaryconley.com</a></li> <li><a href="http://www.weightwatchers.co.uk">www.weightwatchers.co.uk</a></li> <li>First line advice available from the dietetic department</li> </ul>
<b>Exclusions</b>	<ul style="list-style-type: none"> <li><b>Patients with ongoing treatment from Acute Services, and Dietetic Services available</b></li> <li><b>Eating disorders e.g. Anorexia or Bulimia Nervosa</b></li> <li><b>Constipation</b></li> <li><b>General healthy eating, vegetarian and vegan diet (adult &amp; children), Additives</b></li> <li><b>Patients requiring Domiciliary Visits (except if funded #)</b></li> <li><b>Cholesterol lowering only</b></li> <li><b>Patients for bariatric surgery, advice prior or post-surgery (except if funded ##)</b></li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> – Information and support on eating disorders</li> <li>First line advice available from the dietetic department and <a href="http://www.sirona-cic.org.uk/health-care-services/healthimprovements/nutrition-and-dietetics/">www.sirona-cic.org.uk/health-care-services/healthimprovements/nutrition-and-dietetics/</a></li> <li># Funding available for Home Enteral Nutrition and Neuro rehabilitation</li> <li>## Funding available for patients in BANES</li> </ul>

Referrals meeting the above criteria are accepted from patient's GP, School medical officer, dentist and where agreed with nurses and AHPs, however we ask that these referrals are agreed with the patient's GP and that 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. If your patient advises you that they have not heard from the service within 2 weeks of your referral please contact us to query. Suggested resources does not constitute an endorsement of the information.