

**Department of Nutrition & Dietetics:  
Adult Outpatient Referral Criteria**

**Who can refer**

Referrals are accepted from:

- Medical practitioners
- Nursing staff
- Allied Health Professionals, e.g. Speech & language therapists, Physiotherapists, Occupational Therapists
- Pharmacists
- Psychologists
- Social workers

**Who to refer**

As our service offers range of specialist dietetic services, please find attached referral criteria for:

- Community nutrition support (page 2)
- Gastroenterology (page 4)
- Renal
- Diabetes (page 7)
- Weight management (page 10)
- Mental health/eating disorders

Patients who do not meet our referral criteria will instead be offered evidence based written information. These patients include:

- Cardiovascular disease
- Chronic Fatigue Syndrome/ME
- Constipation
- Diverticular disease
- Gallstones
- Gastro-oesophageal reflux disease (GORD)
- Gout
- Healthy eating-general
- Healthy eating-post-stroke
- Healthy eating-pregnancy
- Hyperlipidaemia
- Hypertension
- Iron deficiency anaemia
- Osteoporosis
- Pernicious anaemia
- Sports nutrition
- Vegetarian/Vegan diets

### **Referral system for the Adult Community Nutrition Support Dietetic Service**

The Community Nutrition Support Dietetic Service comprises of 3 WTE Nutrition Support Dietitians whose role is to manage malnutrition in the community setting.

The majority of malnutrition present on admission to care settings originates in the community setting. Data from the Nutrition Screening Survey in the UK in 2007 shows 28% of patients admitted to Hospital and 30% of patients admitted to Care Homes were at risk of malnutrition. Malnutrition is the state of nutrition in which a deficiency, excess or imbalance of energy, protein and other nutrients causes measurable adverse effects on tissue and body form, body function and clinical outcomes. 2007 figures suggest public expenditure on disease related malnutrition is estimated to be more than £13 billion per year.

#### **Who can refer to this service**

Referrals are accepted from:

- Medical Practitioners e.g. Consultants, GPs.
- Nursing staff e.g. Ward Nurses, District Nurses, and Specialist Nurses.
- Allied Health Professionals e.g. Dietitians, Speech and Language Therapists, Physiotherapists, Pharmacists, Occupational Therapists.
- Social workers.

#### **Who to refer**

Individuals with a Body Mass Index (BMI) of less than 18.5 kg/m<sup>2</sup>

Unintentional weight loss of greater than 10%<sup>1</sup> within 3 months

Sudden weight loss or significant change in appetite

Disease related malnutrition, e.g. cancer cachexia, dysphagia

<sup>1</sup> % weight loss = usual weight (kg) – current weight (kg) x 100 / usual weight (kg)

#### **Consent should be obtained from the patient and / or carer prior to referral.**

If a prescription for Oral Nutritional Supplements or an Enteral Feed has been requested by an acute Dietitian within NHS Dumfries and Galloway the individuals use of these products will be monitored by the Community Nutrition Support Dietetic Service.

If an individual is discharged from any hospital with a request for Oral Nutritional Supplements on their discharge summary, it should not be assumed the individual has received dietetic input during their hospital admission. Please refer to the Community Nutrition Support Dietetic Service for a full nutritional assessment to determine if Oral Nutritional Supplements are clinically indicated.

If an individual being prescribed any of these products registers with your practice or a prescription request is made by a Dietitian out with Dumfries and Galloway please contact the Community Nutrition Support Dietetic Service to ensure appropriate dietetic monitoring is arranged.

Please consult the Area Nutrition and Dietetic intranet homepage for all other referral criteria.

### **How to refer**

Referrals can be submitted via SCI Gateway or by referral letter. Referrals should be sent to:

Community Nutrition Support Service  
Nithbank  
Bankend Road  
Dumfries  
DG1 4SA

Tel: 01387 244439

Referrals are recorded and prioritised by a Dietitian. Please state if a domiciliary visit is indicated.

The following information is **essential** for the referral to be processed:

- Name
- Address
- CHI
- Telephone number
- GP
- Consultant (if applicable)
- Diagnosis
- Reason for referral
- Weight
- Height
- Any known risk to a lone worker
- Referrer's name, signature & designation
- Relevant medication
- Relevant blood biochemistry

**If any of the above information is missing, the referral will be returned to the referrer, requesting the necessary information. This will delay the patient being appointed.**

### **Location of Dietetic Services**

The Adult Community Nutrition Support Dietetic Service is provided in a variety of settings throughout Dumfries and Galloway.

### **Following initial and review assessment**

To support verbal advice and discussion, written information may be given to the patient / carer. A letter to the referrer, GP and / or other Health Care Professional if appropriate will be sent or an entry into the GP record system made.

- Further dietetic follow up and support will continue as clinically indicated.
- If no further input is required, the individual will be discharged from the service.
- If the individual does not attend their arranged appointment, they will be contacted by letter to request they advise the service if a further appointment is required. If no response is received, they will be discharged back to the referrer.

**Nutrition & dietetic service:  
Referral guidelines for adult gastroenterology dietetic service**

HCPC Registered Dietitians (RDs) provide therapeutic dietary advice to a range of patients, including those with gastrointestinal conditions.

**Who can refer to this service**

Referrals are accepted from:

- Medical Practitioners
- Nursing staff
- Health Care Professionals

**Consent should always be obtained from the patient and / or carer prior to referral.**

**Who to refer**

The following criteria provides guidance on appropriate referrals to this service. The list is not exhaustive; please contact the dietetic department should you wish to discuss an individual case further. Appendix 1 provides guidance for appropriate literature for patients who do not meet our referral criteria. (chronic constipation, diverticular disease, gallstones etc).

<b>Diagnosis</b>	<b>Referral criteria</b>
Coeliac disease (CD)/ Dermatitis Herpetiformis (DH)	<ul style="list-style-type: none"> <li>• All newly diagnosed patients (Following initial appointment, we will offer reviews at 3 months, 6 months and annually thereafter)</li> <li>• Adolescents with CD transferring from paediatric to adult care</li> <li>• Patients with known CD/DH who would benefit from an annual review</li> </ul>
Inflammatory bowel disease (IBD) -Ulcerative Colitis -Crohn's Disease -Crohn's Colitis -Microscopic Colitis	<ul style="list-style-type: none"> <li>• Patients with a BMI &lt;18.5kg/m<sup>2</sup> OR &gt;10% unplanned weight loss OR chronic poor oral intake OR confirmed nutrient deficiencies</li> <li>• General dietary advice can be found at <a href="http://www.crohnsandcolitis.org.uk">www.crohnsandcolitis.org.uk</a></li> </ul>
<i>Crohn's Disease</i>	<p><i>In addition to above:</i></p> <ul style="list-style-type: none"> <li>• <i>Patients requiring liquid diet therapy to induce remission of active disease</i></li> <li>• <i>Patients with suspected or confirmed short bowel syndrome</i></li> </ul>
Major GI surgery resulting in reduced absorptive capacity +/- a need for dietary modification	<ul style="list-style-type: none"> <li>• e.g. oesophageal stent placement, oesophago-gastrectomy, extensive GI resections resulting in short bowel syndrome etc</li> </ul>
Gastroparesis	<ul style="list-style-type: none"> <li>• Patients with suspected or confirmed diagnosis of gastroparesis requiring dietary modification +/- nutritional support +/- assessment for enteral tube feeding.</li> </ul>

High output stoma	<ul style="list-style-type: none"> <li>Patients with problematic high output stomas (ileostomy/colostomy) can be referred for tailored, individual dietary advice.</li> </ul>
Suspected or confirmed food allergies/intolerances	<ul style="list-style-type: none"> <li>e.g. lactose intolerance, non-coeliac gluten sensitivity (NCGS), eosinophilic oesophagitis/ gastritis/ colitis</li> </ul>
Liver disease	<ul style="list-style-type: none"> <li>Patients with Decompensated liver disease requiring nutrition support (NB: Patients requiring weight reduction advice due to non-alcoholic fatty liver disease should be referred to the Weight management service, Diabetes centre, CRH)</li> </ul>
Pancreatic insufficiency	<ul style="list-style-type: none"> <li>Patients requiring pancreatic enzyme replacement therapy (PERT), e.g. Creon</li> </ul>
Irritable Bowel Syndrome (IBS) (including the low FODMAP diet)	<ul style="list-style-type: none"> <li>Offer 1<sup>st</sup> line dietary advice as per NICE (2015) guidance <a href="https://www.bda.uk.com/foodfacts/IBSfoodfacts.pdf">https://www.bda.uk.com/foodfacts/IBSfoodfacts.pdf</a></li> <li>*Always rule out coeliac disease first by checking IgA endomysial antibodies and serum TTG*</li> </ul>

### How to refer

Referrals can be submitted via SCI Gateway or by referral letter. Referrals should be sent to:

Gastroenterology Dietitians  
Mountainhall Treatment Centre  
Bankend Road  
Dumfries  
DG1 4AP  
Tel: 01387 241568  
Email: [dumf-uhb.Dietetics@nhs.net](mailto:dumf-uhb.Dietetics@nhs.net)

For patients who do not meet the above referral criteria, please follow the links below to access downloadable first line advice:

<https://www.bda.uk.com/foodfacts/home>  
<https://www.nhsinform.scot/>

## **Referral Guidelines for Adult Diabetes Dietetic Service**

The Diabetes Specialist Dietitians are an integral member of the multi-disciplinary team. The dietitians jointly work with Diabetes Specialist Nurses and Consultants in diabetes specialist out-patient clinics.

They are also involved with several patient education programmes for people with diabetes such as **DAFNE** (Dose Adjustment For Normal Eating) and **DESMOND** (Diabetes Education for Self-management Ongoing and Newly Diagnosed), foundation groups and Insulin management groups.

Over the years the role of the Diabetes Specialist Dietitian has evolved hugely. Previously the dietetic input was based around helping people to manage diabetes through their diet alone, however nowadays much more of a holistic approach is employed. Individuals are encouraged to develop skills on how to manage their diabetes taking into account their individual lifestyle and medications, which the Diabetes Dietitian can help to facilitate.

### **The team plays a crucial role in the following areas:**

- The dietetic team provide a specialised service to Consultant Diabetologist lead clinics
- Consultations may be done on an individual basis or alongside other members of the MDT
- We have specialist diabetes dietitian led clinics for people with diabetes
- The diabetes dietitians are an integral part of the diabetes and obstetric antenatal team who help to support people with diabetes both pre and during pregnancy.

### **Referral Criteria For People With Diabetes To The NHS Dumfries and Galloway Specialist Dietitians**

#### **Who should be referred to the Diabetes Specialist Dietitian Service?**

- Newly diagnosed with Type 1 and Type 2 Diabetes
- Type 1 and 2 Diabetes with poor glycaemic control (HbA1c above target or experiencing frequent hypos)
- Pre-pregnancy, gestational diabetes, impaired glucose tolerance test in pregnancy, breast feeding with diabetes
- Change of treatment
- On another therapeutic diet e.g coeliac, nutritional support and renal

#### **Location of Diabetes Dietetic Services**

The Adult Diabetes Dietetic Service is provided in a variety of settings throughout Dumfries and Galloway. With office bases in Dumfries, Castle Douglas and Annan.

#### **Referral guidelines for the adult weight management service**

### Criteria for the tier 3 weight management service:

- Age between 18-75 years
- BMI > 35 or BMI > 30 kg/m<sup>2</sup> with co-morbidities
- Ready to change

### Criteria for tier 4 weight management service (Bariatric surgery):

- **Priority group 1\_** Individuals who are aged between **18-44** with a BMI **35-40** kg/m<sup>2</sup> and recent (**less than 5 years**) onset of Type 2 diabetes
  - Completion of Tier 3 intervention of at least 6 months duration with local programme compliance and completion of required activities
  - Weight maintenance with additional weight loss of 5kg where possible
  - Glycaemic control – HBA1c maintained at <9% on completion of Tier 3 and supportive behaviour change compliance including achievement of locally agreed behavioural goals
  - No contraindication to surgery identified
- **Priority group 2\_** Individuals who are aged between **18-44** with a BMI of **40-50** kg/m<sup>2</sup> and onset of Type 2 diabetes of **< 5 years**
  - Completion of Tier 3 intervention of at least 6 months duration with local programme compliance and completion of required activities
  - Weight maintenance with additional weight loss of 5kg where possible
  - Glycaemic control – HBA1c maintained at <9% on completion of Tier 3 and supportive behaviour change compliance including achievement of locally agreed behavioural goals
  - No contraindication to surgery identified

### How to refer

- Referrals can be submitted via SCI Gateway or by referral letter. Referrals should be sent to:  
Susan Swanston, Medical Secretary  
Biochemistry Department  
Dumfries and Galloway Royal Infirmary  
Bankend Road  
Dumfries  
DG1 4AP
- **This is an opt-in service.** Patients will be sent an invite letter with an information leaflet about the service. If patients have not made contact to request an appointment within one month of receiving the letter, they will be discharged.

### Information to include on the referral:

- Weight, height and BMI
- Medical history
- Medication list
- Other relevant information e.g. weight history, previous attempts at losing weight

### Location of weight management clinics/groups:

- Clinics and groups are based at the Diabetes Centre, Crichton Hall, Dumfries and at the Galloway Community Hospital in Stranraer
- The weight management service pathway is illustrated on the next page



**Nutrition & dietetic service:  
Referral guidelines for the adult weight management service**

**Criteria for the tier 3 weight management service:**

- Age between 18-75 years
- BMI > 35 or BMI > 30 kg/m<sup>2</sup> with co-morbidities
- Ready to change

**Who can refer into the weight management service:**

- Consultants
- GPs
- AHPs e.g. Physiotherapy, occupational therapist
- Nurses
- Midwives (patients are not seen in the weight management clinic during pregnancy but advice can be given over the phone and literature posted out). Patients can be seen after giving birth if they meet the above criteria.

**How to refer**

- Referrals can be submitted via SCI Gateway or by referral letter. Referrals should be sent to:
  - Susan Swanston, Medical Secretary
  - Biochemistry Department
  - Dumfries and Galloway Royal Infirmary
  - Bankend Road
  - Dumfries
  - DG1 4AP
- **This is an opt-in service.** Patients will be sent an invite letter with an information leaflet about the service. If patients have not made contact to request an appointment within one month of receiving the letter, they will be discharged.

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## Weight Management Service Pathway

