

COMMUNITY & SPECIALIST DIETETIC SERVICE

(Providing a Service in the areas of Bournemouth, Poole, Purbeck, Christchurch & East Dorset)

Dietetic Referral Criteria - Children

All referrals for children (under 18 years) that meet the referral criteria should be sent to Community & Specialist Dietetic Service, Sentinel House, 4-6 Nuffield Road, Poole BH17 0RB

Or email to dhc.dietetic.referrals@nhs.net

Condition	First line	Diet sheet resources/ web site	When to refer to Community Dietitian
Allergy - Cow's Milk Protein Allergy	Follow Cow's Milk Protein Allergy (CMPA) Pathway to manage in Primary Care Training for Health Visitors on CMPA provided by Community Dietitians	Use relevant Patient Information Leaflets from the CMPA Pathway, available on DORIS under Guidance /Wessex Infant Feeding or Wessex Healthier Together www.what0-18.nhs.uk www.dorsetccg.nhs.uk www.piernetworking.org	Community Dietitian referral if poor growth or other nutritional concerns
Other Food Allergy or Intolerances	Suspected Food Allergy should have testing to confirm diagnosis Refer to Children's Dietitian at Poole Hospital if multiple or complex allergies with or without poor growth	www.allergyuk.org	Community Dietitian referral for single allergy advice
Coeliac Disease	Newly diagnosed or Established Refer to Children's Dietitian at Poole Hospital	www.coeliac.org.uk	

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Eating Disorders in young people	Young People's Eating Disorders Service (YPEDS) or CAMHS	www.b-eat.co.uk	Consider Community Dietitian referral if not meeting YPEDS or CAMHS criteria
Enteral (tube) feeds	Enteral feeds include nasogastric, gastrostomy and jejunostomy feed		All tube fed patients should be known to the Hospital or Community Dietitian. If not please let us know
Faltering Growth Under 5 year olds	Refer to Children's Dietitian at Poole Hospital	Wessex Healthier Together – Faltering Growth Flow Chart www.what0-18@nhs.uk	
Gastro e.g. constipation/ diarrhoea	Health Visitor or School Nurse intervention. Refer to Paediatrician if no improvement and to exclude Red Flags.	Wessex Healthier Together www.what0-18@nhs.uk Paediatric Continence advisor based at Shelley Road 01202 443111	If no improvement in symptoms and poor growth or other nutritional concerns
Overweight/ obese under 2 years	Check weight and length/height and plot on centile chart and monitor growth pattern. Health Visitor intervention for 6 months	Refer to Child and Maternal Nutrition Guidelines available on DORIS Children's centile charts are available from Harlow Printing Ltd www.healthforallchildren.com Encourage registration with Change4Life at www.nhs.uk/change4life	0- 2 year olds Community Dietitian referral if weight gain across >2 major centiles or weight >99th centile or weight > 2 centiles above length

Condition	First line	Diet sheet resources/ web site	When to refer to Community Dietitian
Overweight/ obese 2-18 years	Calculate BMI If BMI > 98 th centile request GP assesses any co-morbidities. Health Visitor/School Nurse support If BMI >99.6 th centile plus co-morbidities or BMI >4 S.D. refer to Paediatrician	Children's centile and BMI charts are available from Harlow Printing Ltd www.healthforallchildren.com Encourage registration with Change4Life at www.nhs.uk/change4life	Community Dietitian referral if 98 th centile but < 99.6 th . and no/little progress after 6 months intervention in primary care Community Dietitian referral if > 99.6 th centile If co-morbidities, refer to Paediatrician too
Restricted/ Selective Eaters with or without nutrient deficiencies or weight concerns	Health Visitor or other Primary Care e.g. GP/ Practice Nurse intervention/support for 3 months	www.nhs.uk Wessex Healthier Together www.what0-18@nhs.uk	Community Dietitian referral only to assess and advise on nutritional adequacy of diet if no/little improvement after 3 months primary care support
Underweight (without disordered eating) in over 2 year olds	Monitor for 6 months in primary care and provide growth history over this time	Wessex Healthier Together www.what0-18@nhs.uk	Community Dietitian referral if remain below 2 nd centile or no/little improvement after 6 months

Who can refer to the Community Dietitian?

Registered Dietitians (all Dietitians in the Community & Specialist Dietetic Service are registered with the Health and Care Professions Council) can accept referrals from all Registered Health Professionals, but as part of their duty of care will notify the GP/Consultant of any referrals received for their patients.

How should I refer and what information should I provide?

You may refer your patient by completing our Referral Form.

E mail to dhc.dietetic.referrals@nhs.net

or post to Community & Specialist Dietetic Service, Parkstone Health Centre, Mansfield Rd, Parkstone, BH14 0DJ

Alternatively, you can refer by letter, but you must include all the information indicated on the referral form. Incomplete referrals will be sent back.

Referrals must meet one of our referral criteria indicated above and include any relevant blood results and medication (please attach an electronic summary if available). Failure to provide this information may result in delayed access to the Community Dietitian.

If you wish to refer a patient and are unsure if they meet our criteria, please call us to discuss further. Occasionally a health condition not listed may benefit from Dietetic input. Please call if you wish to discuss a particular patient.

Community & Specialist Dietetic Service 01202 733323.

Safeguarding Please ensure any potential safeguarding concerns are shared.

Making a Dietetic appointment

Please note that patients are not automatically sent an appointment. A letter will be sent to their parent/guardian asking them to call the Community & Specialist Dietetic Service to book an appointment. This allows patients to choose which clinic they would like to have an appointment at. They will also be sent our Service leaflet detailing what to expect at their appointment. You will be informed if a parent/guardian fails to make an appointment (non-responder).

The Dietetic Appointment

A first appointment will usually be 30-45 minutes long and a follow up appointment is usually 15-30 minutes long. We will write to you after the first appointment to advise you of the planned intervention and dietary changes advised.

Normally up to two follow up appointments will be offered after which we will usually discharge the patient back to your care. Weight management patients may have up to 6 appointments. Where appropriate, on discharge, we will provide the patient with written dietary information, advice on self-care, a local support group and/or suggestions on how you may further support them in Primary Care.

Some patients may be discharged with an option to contact us for further help within six months if necessary. If more than six months elapses since the patient was last seen we will require a re-referral.

Dietetic records and correspondence are recorded using SystmOne and are therefore accessible to some other Health Professionals. We will send you an electronic copy of our letter, or a message to read our entry/letter on SystmOne. If this is not possible a hard copy of any letters will be sent unless you advise otherwise.

Patients who Do Not Attend (DNA) or Cancel their Appointment

Parents/Guardians who do not bring their child to an appointment are classed as Do Not Attend (DNA) and will be sent a DNA letter inviting them to rebook. If they do not rebook within 4 weeks they will be discharged and the referrer informed.

If there are child safeguarding concerns there will be discussion with the referrer about offering another appointment.

Parents/Guardians who cancel appointments for their child will have 4 weeks to rebook, otherwise they will be discharged.

Rebooking appointments beyond these circumstances is done at the discretion of the Dietitian. It is important that patient contact details are correct, including landline and mobile telephone numbers so contact can be made.

Do these referral criteria apply to all patients?

Please refer all children that meet the referral criteria to the Community & Specialist Dietetic Service. If appropriate we may direct some patients to the Children's Dietitian at Poole Hospital. Where appropriate, some children may benefit from being referred to CAMHS before seeing the Community Dietitian or directed to www.wheresyourheadat.co.uk

Further information about the Community Dietetic Service

Dorset Healthcare Trust staff, please go to DORIS/patient Care/Dietetics

www.doris.dhc.nhs.uk/

Staff outside of the Trust, please go to

www.dorsethealthcare.nhs.uk/ and search Dietetics.