

## PAEDIATRIC DIETETIC AND SPECIALIST SERVICE REFERRAL CRITERIA

Please complete our referral form and send by electronic referral system.

**Please note, incomplete referral forms will be returned and will delay patients accessing treatment.**

**We only accept referrals for children and young people with a West Suffolk or Thetford GP.**

Condition & Treatment Format	Referral Criteria	Resources
<b>Malnutrition</b>  Clinic	Refer to paediatrician as well as Dietitian. Ensure that UK WHO growth charts are used. <ul style="list-style-type: none"> <li>A fall across 1 or more weight centile spaces, if birthweight was below the 9th centile.</li> <li>A fall across 2 or more weight centile spaces, if birthweight was between the 9th and 91st centiles.</li> <li>A fall across 3 or more weight centile spaces, if birthweight was above the 91st centile</li> <li>When current weight is below the 2nd centile for age, whatever the birthweight</li> </ul>	<a href="https://www.nice.org.uk/guidance/ng75/IB">https://www.nice.org.uk/guidance/ng75/IB</a>
<b>Neonatal</b>  Telephone clinic	<ul style="list-style-type: none"> <li>Preterm infants born before 37 weeks gestation and current age is under 6 months corrected age.</li> <li>Referral for concerns about growth, including those on high energy formula, breast milk fortifier or preterm weaning advice.</li> </ul>	<a href="#">Weaning your premature baby   Bliss</a>
<b>Dysphagia</b>	<ul style="list-style-type: none"> <li>Under the care of a Speech and Language Therapist</li> <li>A completed Speech and Language assessment carried out</li> </ul>	<a href="https://iddsi.org/Resources/Patient-handouts#">https://iddsi.org/Resources/Patient-handouts#</a>  <a href="http://www.nationalchildrens.org/conditions/health-library/dysphagia">www.nationalchildrens.org/conditions/health-library/dysphagia</a>
<b>IgE and Non IgE allergy</b>  Clinic or group	<ul style="list-style-type: none"> <li><b>Milk allergy</b> - Started on hydrolysed milk formula and/or mother to have tried a dairy-free diet for 3 weeks before being referred. For Non-IgE CMPA, <b>referral will not be accepted if milk challenge has not been completed to confirm diagnosis. Please see Infant Specialist Formula Policy on ICB website and on DXS for details.</b></li> <li><b>For severe eczema, treat with topical steroids and trial milk-free diet as per Infant Formula Policy.</b></li> </ul>	<a href="#">SNEE-West-Suffolk-Infant-Formula-Policy-2025-1.pdf.</a>  <b>BDA milk allergy food factsheet:</b> <a href="https://www.bda.uk.com/resource/milk-allergy.html">https://www.bda.uk.com/resource/milk-allergy.html</a>  <b>BDA suitable milks factsheet:</b> <a href="https://www.bda.uk.com/resource/child-ren-with-cows-milk-allergy.html">https://www.bda.uk.com/resource/child-ren-with-cows-milk-allergy.html</a>

	<ul style="list-style-type: none"> <li>• For moderate to severe eczema with concomitant food allergy, please refer under 6 months for dietetic support for early weaning</li> <li>• Egg allergy</li> <li>• Soya Allergy</li> <li>• For possible IgE-mediated allergy refer to Paediatrician as well as allergy Dietitian</li> </ul>	
<b>Paediatric Feeding Disorder</b>  Clinic	<ul style="list-style-type: none"> <li>• Long term history of a very restricted range in diet after receiving first line advice from health visitor /school nurse – education unless deficiency identified by a blood test</li> </ul>	<b>Fussy eaters</b> <a href="https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/">https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/</a>  <a href="http://www.henry.org.uk/fussyeating">www.henry.org.uk/fussyeating</a>  <a href="http://patientwebinars.co.uk">Webinars on Fussy Eating in Children - patientwebinars.co.uk</a>
<b>Home Enteral Feeding</b>  Clinic or domiciliary visit	<ul style="list-style-type: none"> <li>• Registered with a West Suffolk GP and/or a West Suffolk Paediatrician</li> <li>• Tube in situ</li> <li>• Registered with the contracted supplier</li> </ul>	
<b>GI Disorder</b>  Clinic	<ul style="list-style-type: none"> <li>• GI disorder if patient is under the care of a consultant and nutritional therapy is indicated</li> <li>• First line Irritable Bowel Syndrome advice if blood tests are normal and excluded other pathology. (Coeliac and Inflammatory Bowel Disease)</li> </ul>	
<b>Coeliac Disease</b>  Clinic	<ul style="list-style-type: none"> <li>• Newly diagnosed OR</li> <li>• Annual review after established Coeliac Disease confirmed by a consultant</li> </ul>	<a href="#">How to test - children - Coeliac UK</a>
<b>Micronutrient deficiencies</b>  Clinic	<ul style="list-style-type: none"> <li>• Blood test to indicate deficiency; Iron, Vitamin D or other</li> </ul>	<b>BDA calcium factsheet:</b> <a href="https://www.bda.uk.com/resource/calcium.html">https://www.bda.uk.com/resource/calcium.html</a>  <b>Recommended vitamins for babies:</b> <a href="https://www.nhs.uk/conditions/pregnancy-and-baby/vitamins-for-children/">https://www.nhs.uk/conditions/pregnancy-and-baby/vitamins-for-children/</a>

## Exclusions

- Children under the care of an Acute Hospital Dietetic Service
- Food allergies being treated by paediatric consultants at another Trust. Referrals should be made to the dietetic department of the same Trust.
- Lactose intolerance and Fructose malabsorption <https://www.allergyuk.org/resources/lactose-intolerance/>  
<https://suffolkandnortheastsex.icb.nhs.uk/wp-content/uploads/2023/10/West-Suffolk-Infant-Formula-Policy-2023-v1.0-FINAL.pdf>
- **Weight Management for children 0-19yrs :** No longer accepted by WSFT Dietetic service.  
**Suffolk Tier 2 weight management service:** [Healthy living service - Suffolk County Council](#)  
Just One Norfolk [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)  
For children over the age of 2 years with obesity – refer to Paediatrician for medical assessment of co-morbidities
- **Mild Eczema relating to allergy** [www.allergyuk.org](http://www.allergyuk.org)
- **General Reflux** <https://www.nice.org.uk/guidance/ng1> [www.nhs.uk/conditions/reflux-in-babies](http://www.nhs.uk/conditions/reflux-in-babies)
- **Constipation** [www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/](http://www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/)
- **Paediatric Eating Disorders** – please refer to the NSFT Eating disorders team.  
[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)
- **Disordered eating-** we are currently not commissioned to provide a dietetic service for CYP with a known diagnosis of ARFID or other disordered eating. Offering 1 appointment for assessment and education, then discharge. [www.arfidawarenessuk.org/](http://www.arfidawarenessuk.org/)
- **Paediatrics with a diabetes diagnosis** – these patients will be seen by the dietitian in an MDT clinic with the consultant. if you are concerned a child or young person may have Type 2 Diabetes – please refer to Paediatrician for assessment and diagnosis. Patients with possible Type 1 diabetes should be admitted to the children's ward as an emergency.