

West Suffolk Adult Community Dietitians and Specialist Dietitians–

Referral and Exclusion Criteria

How to refer:

Please complete our referral form and send by email or post (details on form). We will accept referrals sent by letter however all information indicated on the form must be provided. Referrals must meet the criteria outlined below to be accepted. In exceptional circumstances we will consider patients with conditions not listed. If you are unclear whether the patient meets our criteria, please contact us on 01284 713668 to discuss the patient.

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

Condition & Treatment Format	Referral Criteria	Resources to signpost to
Malnutrition Clinic/Domiciliary	<p>MUST score of 2 or above and no improvement after 4 weeks of first line food first advice</p> <p>OR</p> <p>MUST score 2 or above with at least one of the following risk factors:</p> <ul style="list-style-type: none"> • Rapid weight loss (> 15% in 3 months) • Long term progressive condition (e.g. MND) • Swallowing difficulties diagnosed after a Speech and Language assessment • Pressure ulcer or poor wound healing grade 2 or above 	<p>First line food first diet sheets:</p> <p>High calorific snacks sheet (wsh.nhs.uk)</p> <p>Fortifying your food (wsh.nhs.uk)</p> <p>Nourishing drinks - including milk-free and vegan drinks (wsh.nhs.uk)</p> <p>Managing Malnutrition: Leaflets for Patients and Carers (malnutritionpathway.co.uk)</p>
Diabetes Clinic	<ul style="list-style-type: none"> • Type 2 Diabetics who have previously attended DESMOND group session • Patients with prescribed diabetes medication with poor glycaemic control 	<p>Diabetes UK - Know diabetes. Fight diabetes. Diabetes UK</p>
Cardiovascular Disease Clinic/ Group	<ul style="list-style-type: none"> • Under the management of a Cardiologist at West Suffolk Hospital 	<p>Information for those affected by heart and circulatory diseases BHF</p> <p>Heart Health British Dietetic Association (BDA)</p>
Home Enteral Feeding Clinic/ Domiciliary	<ul style="list-style-type: none"> • Patients must be: <ul style="list-style-type: none"> ○ Registered with a West Suffolk GP ○ Have a feeding tube in situ ○ Registered with the contracted supplier 	<p>PINNT: Advocacy & support for people on home artificial nutrition (HAN): parenteral, enteral & oral nutritional supplements. PINNT</p>
Cancer Clinic/Domiciliary	<ul style="list-style-type: none"> • Actively receiving treatment or palliative care • Under the management of an Oncology Consultant at West Suffolk Hospital 	<p>Managing diet problems in cancer Coping Cancer Research UK</p> <p>diet-and-nutrition tcm9-358679.pdf (macmillan.org.uk)</p>

Condition & Treatment Format	Referral Criteria	Resources to signpost to
Coeliac Disease Clinic/Group	<ul style="list-style-type: none"> Newly diagnosed Coeliac Disease OR Requiring Annual review after established Coeliac Disease 	The gluten free diet - All you need to know about the diet that will make you well again - Coeliac UK
Complex gastrointestinal conditions eg. IBD/ Pancreatic Insufficiency Clinic	<ul style="list-style-type: none"> Under the management of a Gastroenterology or Colorectal Consultant at West Suffolk Hospital 	Crohn's & Colitis UK (crohnsandcolitis.org.uk)
Irritable Bowel Syndrome Clinic/ Group	<ul style="list-style-type: none"> Meets the Rome IV criteria for diagnosis of IBS https://theromefoundation.org/rome-iv/rome-iv-criteria/ No red flag symptoms present: <ul style="list-style-type: none"> Unexplained weight loss > 5% usual weight Rectal bleeding Family history of bowel or ovarian cancer or IBD Unexplained anaemia Rectal or abdominal mass Raised inflammatory markers Nocturnal symptoms, including diarrhoea 	Irritable Bowel Syndrome Causes, Symptoms & Treatment Guts UK (gutscharity.org.uk) Overview of Irritable Bowel Syndrome - patientwebinars.co.uk Irritable Bowel Syndrome Food Fact Sheet British Dietetic Association (BDA)
Other gastro issues: Diverticular disease, Oesophageal Reflux, Constipation Clinic	<ul style="list-style-type: none"> Ensure no red flag symptoms present: <ul style="list-style-type: none"> Unexplained weight loss > 5% usual weight Rectal bleeding Family history of bowel or ovarian cancer or IBD Unexplained anaemia Rectal or abdominal mass Raised inflammatory markers Nocturnal symptoms, including diarrhoea 	Overview of Reflux Disease - patientwebinars.co.uk Diverticular Disease & Diverticulitis Causes & Symptoms Guts UK (gutscharity.org.uk)
Nutritional Deficiencies Clinic	<ul style="list-style-type: none"> Anaemia – other causes ruled out with supporting blood tests Other nutrients – supporting blood test to indicate deficiency 	Nutrients food facts British Dietetic Association (BDA)

Renal Impairment Clinic	<ul style="list-style-type: none"> • Renal dialysis patients with MUST 1 or greater • General Nephrology, low clearance and transplant patients with poor appetite and unintentional weight loss • Renal patient with: hyperphosphataemia, hyperkalaemia, fluid overload, and hypertension 	
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Please note, more resources are available at: [Nutrition and dietetics \(wsh.nhs.uk\)](https://www.wsh.nhs.uk/nutrition-and-dietetics)

Exclusions

- **Adults under the care of an Acute Hospital Dietetic Service**
- **Adult Weight Management:** Suffolk patients, refer to Feel Good Suffolk: [Home - Feel Good Suffolk](#)
 Norfolk patients, refer to Slimming World: www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/weight-management
- **Advice on gout:** please refer to [Gout and diet \(wsh.nhs.uk\)](https://www.wsh.nhs.uk/gout-and-diet) [The UK Gout Society: Gout - Arthritis. Symptoms, treatment and diet. - UK Gout Society](#)
- **Alcohol and Drug Misuse:** please refer to www.rcn.org.uk/clinical-topics/public-health/alcohol/effects-of-alcohol-misuse
- **Adult Allergy (including Eosinophilic Oesophagitis):** please refer to Addenbrookes Allergy Department via Electronic Record System
- **Adult Eating Disorders:** refer via the Access and Assessment team, see www.nsft.nhs.uk/Our-services/Pages/Access-and-Assessment-Service-Suffolk.aspx
- **Adult Disordered Eating including Avoidant Restrictive Food Intake Disorder**
- **Adult patients under the care of a mental health specialist team for an issue relating to their nutrition -** please see the following websites:
 BEAT beateatingdisorders.org.uk MIND [What is an eating problem? - Mind](#)
- **Psychological:** depression, low self-esteem www.bda.uk.com/resource/depression-diet
- **Adults with a diabetes diagnosis requiring insulin therapy:** refer to Diabetes Consultant at WSH