

**INFORMATION FOR PRIMARY CARE HEALTH  
PROFESSIONALS**

*This leaflet provides information on:*

- \* Services \*
- \* Referral criteria \*
- \* Contacts \*
- \* Referral procedure \*

**Nutrition and Dietetic Services in Primary Care**

*A range of services are available which provide benefits specific to the needs of your patients/clients including:*

- *Clinical treatment* - *individual/group/domiciliary*
- *Strategic planning* - *to implement standards e.g. NICE*
- *Training initiatives* - *tailored for all staff and patients*
- *Public health* - *supporting local/national activities*
- *Audit and research* - *to improve clinical effectiveness*
- *Advice and support* - *relating to queries/literature*

**For more information contact your local Dietitian:**

<b>AREA COVERED</b>	<b>TELEPHONE</b>
<b>Dietetic Manager, Primary Care</b>	<b>Alison Scott: via 0116 2227170</b>
<b>Charnwood &amp; N.W. Leicestershire</b>	<b>01509 410399</b>
<b>Hinckley &amp; Bosworth</b>	<b>01455 441849</b>
<b>Melton</b>	<b>01664 854802</b>
<b>Rutland &amp; Harborough</b>	<b>01858 438132</b>
<b>South Leicestershire</b>	<b>01858 438176</b>
<b>Leicester City</b>	<b>0116 2255279</b>
<b>Training in Primary Care</b>	<b>Alison Scott: via 0116 2227170</b>
<b>Public Health</b>	<b>Rachel Barton: via 0116 2227170</b> <b>Aideen McKenna: via 0116 2227170</b>

## Benefits of 10Kg Weight Loss

(Scottish Intercollegiate Guidelines Network (SIGN), 1996)

<b>MORTALITY</b>	Fall of >20% mortality Fall of >30% diabetes-related deaths Fall of >40% obesity-related cancer deaths
<b>DIABETES</b>	Fall of 50% in fasting blood glucose
<b>LIPIDS</b>	Fall of 15% LDL Fall of 30% triglycerides Rise of 8% HDL
<b>BLOOD PRESSURE</b>	Fall of 10mmHG systolic Fall of 20mmHG diastolic

## Calculating Percentage Weight Loss

$$\frac{\text{Previous weight (kg)} - \text{Current weight (kg)}}{\text{Previous weight (kg)}} \times 100 = \% \text{ weight loss}$$

## Referral Criteria

(Unless local Practice protocols advise differently)

<b>CATEGORY 1</b> <i>Patients requiring specialist advice from a Registered Dietitian</i>	<b>CATEGORY 2</b> <i>Patients could be advised by GP, Practice /Community Nurse supported by resources from Leicestershire Nutrition &amp; Dietetic Service</i>
<b>Obesity</b>	
<ul style="list-style-type: none"> <li>Overweight / obese (BMI&gt;28kg/m<sup>2</sup>) patients with co-existing hypertension, hyperlipidaemia, or other CHD/stroke risk factors</li> <li>Obese with a BMI &gt;35kg/m<sup>2</sup></li> <li>Overweight / obese children (BMI &gt;91<sup>st</sup> centile (Child Growth Foundation chart)</li> </ul>	<ul style="list-style-type: none"> <li>Overweight (BMI &gt;25kg/m<sup>2</sup> or &gt;23kg/m<sup>2</sup> for S Asian) or obese (BMI&gt;30kg/m<sup>2</sup>) patients without complications</li> <li>Follow-up support and weight monitoring for those initially advised by a dietitian</li> </ul>
<b>Diabetes</b>	
<ul style="list-style-type: none"> <li>Newly diagnosed diabetes</li> <li>Impaired glucose tolerance</li> <li>Gestational diabetes</li> <li>Diabetes with co-existing hyperlipidaemia or obesity</li> <li>Uncontrolled diabetes requiring review</li> </ul>	<ul style="list-style-type: none"> <li>First-line advice while awaiting a dietetic appointment</li> <li>Follow up support between dietetic appointments and if discharged</li> </ul>
<b>Hyperlipidaemia</b>	
<ul style="list-style-type: none"> <li>Hypercholesterolaemia 6.5-8.0mmol/l with BMI &gt;28kg/m<sup>2</sup> or &lt;20kg/m<sup>2</sup></li> <li>Hypercholesterolaemia &gt;8.0mmol/l</li> <li>Hypertriglyceridaemia</li> </ul>	<ul style="list-style-type: none"> <li>Hypercholesterolaemia 6.5-8.0mmol/l with BMI &lt;28kg/m<sup>2</sup></li> </ul>
<b>Nutritional Support</b>	
<ul style="list-style-type: none"> <li>Unplanned weight loss of ≥10% over 6 months or less</li> <li>Texture modified diet for dysphagia</li> <li>Practical issues regarding food fortification/oral nutritional supplements</li> <li>Enteral tube feeding indicated</li> </ul>	<ul style="list-style-type: none"> <li>First-line advice while awaiting a dietetic appointment</li> <li>Reduced appetite, but able to manage normal foods</li> </ul>
<b>Miscellaneous</b>	
<ul style="list-style-type: none"> <li>Coeliac Disease, other food allergy or intolerance, irritable bowel syndrome</li> <li>Faltering growth/nutritional deficiencies</li> <li>All children requiring dietary modification</li> <li>Inflammatory bowel disease</li> </ul>	<ul style="list-style-type: none"> <li>Healthy eating advice</li> <li>Constipation due to poor dietary intake</li> <li>Anaemia due to poor dietary intake</li> <li>Low fat for symptomatic cholecystitis</li> </ul>

## **Referral Procedure for a Patient to see a Dietitian**

Complete and sign dietetic referral form \*  
(include relevant details, e.g. test results, medication)



Send or fax the completed form to the Central Booking Office \*\*



The patient will be contacted regarding an appointment



Once seen, the referral form and/or progress/discharge reports will be returned to the referrer  
(or entered directly into the patient's notes – according to local practice)

\* Referral forms can be printed directly from the Leicestershire Nutrition and Dietetic Service website, which can be accessed by typing [www.lnds.nhs.uk](http://www.lnds.nhs.uk) and selecting:

- Health Professionals – Link on this page or follow
- Clinical Services Available
- Primary Health Care
- Referral Form A – Adult dietetics in primary care
- Referral Form B – Paediatric dietetics in primary care
- Referral Form guidance – Home Visit Criteria
- Referral Form guidance – Paediatric dietetics in primary care

\*\* Please send referrals to us by FAX or post (we have an internal mail run which operates via Leicestershire Partnership NHS Trust Post Room).

Fax Number: 0116 2727228

Post: Central Booking Office  
Leicestershire Nutrition and Dietetic Service  
11 & 12 Warren Park Way  
Enderby  
Leicester  
LE19 4SA