Primary Care Nutrition and Dietetic Services  
- Leicester City CCG -

The Team

A small team of Dietitians and Dietetic Assistants provide the Primary Care Dietetic Service in Leicester City CCG:

Alison Scott – Clinical Dietetic Manager  
0116 2227144, OSL House, East Link, Meridian Business Park

Emma McDonnell – Senior Dietitian  
0116 2255279, Mansion House, Leicester Frith Hospital

Anjali Parmar, Mike Sweeney, Abi Redman, Jo Williams – Dietitians  
0116 2255279, Mansion House, Leicester Frith Hospital

This is supported by additional input from Dietetic Assistants as well as our service wide community Dietitians specialising in paediatrics, bariatrics, weight management and home enteral nutrition

Trust a Dietitian to know about Nutrition (British Dietetic Association)

Dietitians are specially trained to have an evidence based knowledge and understanding of nutrition and its application in the prevention and management of disease.

Our Dietitians are registered with the Health Care Professions Council and maintain high levels of knowledge and skills to reflect changes in evidence and adherence to guidelines and standards.

Many of our Dietitians are extensively trained in behaviour change to support the translation of advice and information into a change in the patients’ behaviour.
Clinical Services

We continually modify the delivery of our clinical services to reflect the change in our patient population and meet their needs.

Did you know?
For many years we have provided clinics at over 35 venues across the county and city to support good access and choice for our paediatric and adult patients.

In response to increasing referrals for patients who are housebound or resident in a care home we now run frequent telephone consultation clinics, enabling domiciliary visits to be prioritised for those most at need.

In light of the known benefits of group education for patients and services we have established regular patient education sessions for patients with Coeliac Disease and Type 2 Diabetes and provide a nutrition session on the community pulmonary rehab courses.

Specialist Dietitian led clinics are also available for the management of complex paediatric, bariatric, IBS (low FODMAP diet) and weight management patients.

Referrals to the Dietetic Service

For simplicity referral forms are available on our website to be faxed or posted. Referrals are accepted from all healthcare professionals and are triaged at our Central Booking office in Enderby.

Detailed referral guidance for adults and children is available from our website.

Conditions suitable for referral include:

- Disease related malnutrition
- Obesity
- Faltering growth
- Diabetes
- Gastro-intestinal disease
- Food allergy / intolerance
- Neurological conditions
- Psychological or behavioural issues with food
- Hyper-lipidaemia
- Nutritional deficiencies
- Liver or renal disease

Self-referrals and MECC referrals are welcomed for patients wishing to access the weight management groups delivered by the public health division of our dietetic service (ie. Leap, Flic)

General Enquiries
0116 2227170

Weight Management Group Enquiries
0116 2227154

Trust headquarters: Leicestershire Partnership NHS Trust Riverside House, Bridge Park Plaza, Bridge Park Road, Thurmaston, Leicester LE4 8PQ
Chair: Cathy Ellis  Chief Executive: Dr Peter Miller
Specialist Obesity / Pre-Bariatric Service

As part of the care pathway for patients with a BMI >40 / >35 with co-morbidities, we accept referrals to our specialist obesity / pre-bariatric service. As part of this service our Dietitians carry out a detailed nutrition, behaviour change and physical activity assessment. Patients are then offered one to one and / or group support programme using a behavioural approach to lifestyle change for up to 6 months, prior to liaising with the secondary care surgical team regarding suitability for bariatric surgery referral.

See our website for further information and the referral form.

Community Hospitals

Providing good nutrition and hydration is key in reducing the risk of complications and length of stay for patients in hospital. Our Dietitians provide input to each of the community hospitals in Leicestershire and Rutland in a multitude of ways to help achieve this:

- Reviewing and auditing food provision and nutrition related issues
- Individual dietetic assessment and management of referred patients
- Training ward staff to undertake nutritional screening & implement nutritional care plans
- Good nutrition and hydration in community hospital patients

Training, Support and Advice

Dietitians are well placed to lead on providing education and advice to other healthcare professionals and carers involved in the nutritional care of patients. As such we continue to provide training for staff in GP practices, community services, social services, community hospitals, care homes and more!

We have developed comprehensive supporting documents and packs specifically for use in care homes and community hospitals to help in the prevention and management of disease related malnutrition

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Prescriptions

The appropriate prescription of nutrition products can play a valuable role in the dietary management of certain conditions. Guidance on the use of specialised infant formula and oral nutritional supplements can be found in the following documents which we have developed with the Leicestershire Medicines Strategy Group:

www.lmsg.nhs.uk

Malnutrition in Adults in Primary Care
Infant Formula Prescribing Guidance – for proven and suspected cow's milk allergy and lactose intolerance

We have repeatedly shown through recent projects that the enhanced provision of dietetic services can save money on prescriptions of oral nutritional supplements. This has been achieved by the more timely and appropriate use of supplements secondary to “food first” advice. Unfortunately these projects have been short term and we would be happy to discuss with the CCG about mainstreaming this work.

Resources

We are proud to have an extensive, dedicated Leicestershire and Nutrition Dietetic Services website. Since its launch in 2004 it has continued to improve in its design and content.

As a joint venture between LPT and UHL dietetic services, it enables us to work with our secondary care colleagues to develop and review a wide range of dietary resources to ensure they remain in line with current evidence and needs.

It serves as a source of information for the public about our services and first line dietary advice.

www.lnds.nhs.uk

It is also accessible for healthcare professionals in Leicestershire and Rutland via the intranet hub page which allows access to additional referral and dietary information.

http://nww.leicestershire.nhs.uk/thehub/

If you wish to discuss any aspect of Primary Care Dietetic services and ways we can develop to further support the dietary needs of the Leicester City CCG population please get in touch.