

Leicestershire Nutrition and Dietetic Service - Adult Referral Criteria – Primary Care

Complexity guide	Services offered*	Not appropriate to refer
Nutritional support		
<ul style="list-style-type: none"> • Already tried food first and ONS for maximum 2 months with no improvement - see LMSG guidelines*** • High risk of malnutrition and already having Oral Nutritional Supplements or continuing to lose weight • Underlying medical condition which may affect the suitability of supplements e.g. diabetes, food allergy • Pressure ulcers / tissue viability issues • Undernutrition in addition to other medical conditions • Cancer/Oncology • Enteral tube feeding indicated <p>*** https://267lv2ve190med3l1mqc3ys8-wpengine.netdna-ssl.com/wp-content/uploads/2017/11/Managing-malnutrition-in-primary-care.pdf</p>	<p>Any primary care clinic</p> <p>Any primary care clinic</p> <p>Any primary care clinic</p> <p>Any primary care clinic</p> <p>Any primary care clinic</p> <p>Any primary care clinic</p> <p>Any primary care clinic</p> <p>To refer an adult for enteral tube feeding at home, please contact our Home Enteral Nutrition Service on 0116 2227161 for advice on how to refer</p>	<ul style="list-style-type: none"> • Reduced appetite but able to eat normal foods and/or take milky drinks and low or medium risk of malnutrition - refer to LMSG guidelines***
Check if patients referred are part of enhanced dietetic prescribing scheme		
Obesity		
<ul style="list-style-type: none"> • Overweight / obese patients BMI>25kg/m² or BAME patients with a BMI> 23kg/m² living in Leicester city with or without co-existing comorbidities e.g. diabetes, hypertension, hyperlipidaemia or other CHD / stroke risk factors 	<p>LEAP and DHAL are 12-week group programmes including nutrition and physical activity with follow up for a year. These groups are available in Leicester City for patients 16 years and over.</p>	<ul style="list-style-type: none"> • BMI<25kgm² (or <23kgm² for BAME patients) with no co-morbidities - these patients could be advised by GP, practice nurse or community nurse, Livewell in Leicester city or the county councils weight management services for Leicestershire and Rutland and supported by LNDS resources**

<ul style="list-style-type: none"> • Obese with a BMI >40kg/m² or BMI >35kg/m² with comorbidities • Post-op bariatric patients 	<p>Specialist weight management service / pre bariatric surgery (tier 3) – consultant input if diabetes</p> <p>Bariatric clinic (>2 years after surgery). Otherwise seen by UHL bariatric team</p>	<ul style="list-style-type: none"> • Follow-up support and weight monitoring for those initially advised by a Dietitian could be done in general practice
Diabetes		
<ul style="list-style-type: none"> • Newly diagnosed diabetes • Impaired glucose tolerance / pre-diabetes / risk of developing diabetes • Diabetes with co-existing hyperlipidaemia, obesity or undernutrition • Uncontrolled diabetes requiring review 	<p>Group education where available or any primary care clinic Some patients may be suitable for LEAP after initial appointment (where available)</p> <p>Any primary care clinic or if BMI>28 LEAP where available</p> <p>Any primary care clinic or specialist diabetes clinic (consultant referrals)</p> <p>Any primary care clinic or specialist diabetes clinic (consultant referrals)</p>	<ul style="list-style-type: none"> • First line advice while waiting for dietetic appointment could be given by GP, practice nurse or community nurse supported by LNDS resources** • Follow-up support if discharged by Dietitian could be done in general practice
Gastroenterology		
<ul style="list-style-type: none"> • Coeliac disease – confirmed diagnosis by biopsy • Irritable Bowel Syndrome • Inflammatory Bowel Disease • Liver or pancreatic disease • Other e.g. post-surgery, stoma, malabsorption, gastroparesis 	<p>Group education where available or any primary care clinic. Patient information form to be completed prior to session/clinic</p> <p>Any primary care clinic initially followed by low FODMAP clinic/group if appropriate</p> <p>If under no consultant can be referred and seen in any primary care clinic or specialist dietetic clinic if available</p>	<p>If patient has current consultant care, ask consultant to refer to secondary care specialist Dietitian.</p>
Food allergy/intolerance		
<ul style="list-style-type: none"> • Confirmed or suspected single food allergy or intolerance 	<p>Any primary care clinic or specialist dietetic clinic if available</p>	<p>If patient has multiple food allergy, refer to secondary care allergy clinic</p>

Psychological issues with food / Eating disorder		
<ul style="list-style-type: none"> • Restricted eating / few foods • Binge / purge eating • Suspected eating disorder (not under care of adult Mental Health team) 	Any primary care clinic	If patient is under care of Adult Mental Health Consultant ask them to refer to mental health Dietitian
Neurological conditions		
<ul style="list-style-type: none"> • Dysphagia • Neurological conditions e.g. stroke, MND, Parkinson's disease 	Any primary care clinic Any primary care clinic or CINSS service	Huntingdon's disease - Refer to specialist Huntingdon's Disease team at Mill Lodge
Hyperlipidaemia		
<ul style="list-style-type: none"> • Hypercholesterolaemia >5mmol/l or >4mmol/l for those at high risk • Hypertriglyceridaemia 	Any primary care clinic	
Palliative care		
<ul style="list-style-type: none"> • Nutrition support for palliative care patients 	Any primary care clinic if not under care of LOROS	When patient is reaching end of life and dietetic intervention will not improve the quality of life
Miscellaneous		
<ul style="list-style-type: none"> • Renal –CKD stage 1-3 • Suspected vitamin / mineral deficiencies • Vegan 	Any primary care clinic	<ul style="list-style-type: none"> • Healthy eating advice • Constipation due to poor dietary intake • Low fat for symptomatic cholecystitis <p>First line advice for these conditions can be found on the LNDS website **</p> <ul style="list-style-type: none"> • Sports nutrition advice - not appropriate for NHS referral

***If a patient is unable to attend a clinic appointment or group i.e. housebound, an initial telephone contact will be offered to the patient/carer**

**diet information leaflets and other resources can be found on the LNDS website www.lnds.nhs.uk

