



## PAEDIATRIC NUTRITION AND DIETETIC SERVICE REFERRAL CRITERIA

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Registered Dietitians (RDs) are the only qualified health professionals that assess, diagnose and treat diet and nutrition problems at an individual and wider public health level. Dietitians use the most up to date research, guidelines and National Service Frameworks to inform their practice.

Dietitians are the only nutrition professionals to be statutorily regulated, and governed by an ethical code, to ensure that they always work to the highest standard.

Referral forms can be found on the dietetic section on the internet as follows:  
<http://howis.wales.nhs.uk/sitesplus/866/page/40340>

All referrals must clearly indicate or include the following:

- The **reason for dietetic referral**
- Completion of **every section** of the referral form. Incomplete referrals will be returned to the referrer to complete in full.
- Current weight and height
- Details of previous growth
- Relevant past medical and dietary history
- Relevant medication
- Relevant social history e.g. home situation, mental health, child protection
- **Supporting Information if available:** Copy of growth chart if this is applicable.

It is the responsibility of the referrer to request parental consent prior to making the referral and to explain the reason for the referral.

Referrals are received from a variety of health professionals including GP's, Consultant Paediatricians, Specialist Nurses, Practice Nurses, Health Visitor and School nurses. Primary Care can e-refer via the Welsh Clinical Communications Gateway (WCCG) and secondary care consultants can refer via internal referrals or using the referral form as follows: <http://howis.wales.nhs.uk/sitesplus/866/page/40340>

**Consent to referral for ALL children must be AGREED by parents/carers.**

Condition	Investigation / History Required	Notes
Autism	Confirmed medical diagnosis. Any children without a confirmed diagnosis - referral not indicated	-
Coeliac Disease	Confirmed medical diagnosis	-
Constipation	<b>REFERRAL NOT INDICATED</b> <b>Please refer to website for guidance</b>	<a href="#">Click here for dietary information and leaflets</a>
Cow's milk protein Allergy (CMPA)	Must have commenced a milk free diet (i.e. formula / dairy free diet) with symptom improvement	<a href="#">Click here for the all Wales guidelines</a>
Dysphagia	Requires Speech and Language assessment prior to referral	-
Eating Disorders	Requires medical assessment prior to referral	If % BMI is <80% - please send to CAMHS service –St. Cadoc's Hospital
Food Intolerance	Confirmed medical diagnosis	-
Food Allergies (apart from CMPI)	Confirmed medical diagnosis	-
Fussy Eating / Limited Diet	<b>REFERRAL NOT INDICATED</b> <b>Please refer to website for guidance</b>	<a href="#">Click here for dietary information and leaflets</a>
Faltering Growth	Requires medical assessment to ensure weight loss not due to under lying condition	-
IBD	Confirmed medical diagnosis	-
IBS	Requires medical assessment to ensure no other under lying condition	-
Iron Deficiency Anaemia	<b>REFERRAL NOT INDICATED</b> <b>Please refer to website for guidance</b>	<a href="#">Click here for dietary information and leaflets</a>
Suspected Nutrient Deficiency, No Diagnosis of a Nutrient Deficiency	<b>REFERRAL NOT INDICATED</b> <b>Please refer to website for guidance</b>	<a href="#">Click here for dietary information and leaflets</a>
Overweight / Obesity		-
Vegan / Vegetarian	<b>REFERRAL NOT INDICATED</b> <b>Please refer to website for guidance</b>	<a href="#">Click here for dietary information and leaflets</a>
Weaning	<b>REFERRAL NOT INDICATED</b> <b>Please refer to website for guidance</b>	<a href="#">Click here for dietary information and leaflets</a>

**For general enquiries please contact:**

Paediatric Dietetic Department  
Royal Gwent Hospital  
Cardiff Road  
Newport  
NP20 2UB  
Tel: 01633 234288  
Fax: 01633 238406

**For appointment and booking enquiries:**

Therapies Booking Centre  
Room 008, ABUHB Headquarters  
St Cadoc's Hospital,  
Lodge Road  
Caerleon  
NP18 3XQ  
Tel: 01633 431642  
Fax: 01633 431720



**Process:**

- Referrals will be prioritised by the Dietitian with reference to departmental guidelines
- Accepted referrals will be assessed by the Dietitian and the outcome of the assessment & care plan fed back to the referral source, service user/carers and MDT
- Dietetic assessment will usually take place in a clinic environment
- Follow-up will be carried out by the Dietitian and /or other healthcare professional as deemed appropriate.