

Warwickshire Dietetic Service

Childrens Community and Out-Patient Referral Criteria

(16 years and under)
Excludes Home Enteral Feeding Criteria

Service commissioned by Warwickshire
County Council



Service provided by South Warwickshire NHS
Foundation Trust



For CWPT contracted services, see the relevant referral criteria

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Referrals to the service for medical conditions that meet the criteria are accepted from Health or Social Care professionals

Referrals for obesity are only accepted by Fitter Futures Warwickshire not by Community Dietetics – Fitter Futures Warwickshire will refer people to Dietetics or back to the referrer if required

Please provide all of the Information below for all referrals

Incomplete referral information will be sent back to the referrer and this will result in delays for the patient

- Patient's full name, address, date of birth, NHS / PID number, contact details of relevant carers
- Name, profession, postal address and telephone number of person referring
- Name of patient's GP
- Name of consultant if relevant
- Present medical condition and relevant past medical history
- Relevant anthropometric measurements – weight, height, BMI, centile, weight history, mid upper arm circumference (MUAC)
- Relevant biochemistry e.g. FBG, HbA1c, cholesterol, U's & E's, FBC
- Current medication
- Any dietary interventions already tried
- Any communication or access difficulties or if an interpreter is needed
- Other relevant professionals involved and their contact details
- Any known risks e.g. history of violence or aggression (patient or other family members), mental health problems, risks associated with domiciliary visit location
- If an ambulance is required for out-patient appointment attendance
- If patient is housebound and requires a domiciliary visit
- Contact details of carers, guardians or family members who need to be present at the appointment / visit

Please ensure the patient has agreed to the referral and is available to attend appointments

Community and Out-Patient Referrals (16 years and under)

Infants, children or adolescents with the following conditions would benefit from a referral to the dietitian:

Medical Condition / Nutritional Intervention required	Criteria for referral
Urgent	
Diabetes	<ul style="list-style-type: none"> • Newly diagnosed with type 1 diabetes • Newly diagnosed with type 2 diabetes • Known type 1 diabetes changing insulin regimen • Known type 1 or 2 diabetes (compliance / lifestyle advice)
Dysphagia	<ul style="list-style-type: none"> • Deteriorating swallowing difficulties
Gastroenterology	<ul style="list-style-type: none"> • Newly diagnosed with Coeliac disease • Newly diagnosed or exacerbation of existing Inflammatory Bowel disease • Confirmed IBS / functional bowel disorder
Faltering Growth	<ul style="list-style-type: none"> • Faltering growth <ul style="list-style-type: none"> ➢ 2 centile drop in weight ➢ 2 centile discrepancy between weight and height ➢ <0.4th centile for weight
Food Allergy	<ul style="list-style-type: none"> • Suspected food allergy / intolerance
Routine	
Diabetes	<ul style="list-style-type: none"> • Known type 1 or 2 diabetes (compliance / lifestyle advice)
Gastroenterology	<ul style="list-style-type: none"> • Known Coeliac disease requiring additional advice to ensure nutritional adequacy
Food Allergy	<ul style="list-style-type: none"> • Known food allergy requiring additional advice to ensure nutritional adequacy
Restricted eating patterns secondary to mental health or learning disabilities e.g. attention deficit disorder, hyperactive disorder, autistic spectrum disorders or food sensory disorders	<ul style="list-style-type: none"> • Whole food groups missing / less than 20 foods / 2 centiles below ideal weight / height

Referrals not accepted by the Community Dietetics Service (16 years and under)

Medical condition	Alternative actions	Referral contact details	Resources available
<p>Overweight or obese</p>	<p>Preschool age (0-5) - Refer to Health Visitors.</p> <p>Primary School age (4-11) - Refer to School Nurses (School health and Wellbeing Service) and consider referral to Fitter Futures Warwickshire Change Makers (age 4-12) service.</p> <p>12-16 years - Refer to School Nurses (School Health and Wellbeing Service) and/or refer to Fitter Futures Warwickshire weight management or physical activity services</p>	<p>Health Visitors -</p> <ul style="list-style-type: none"> • www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting for individual base contact numbers <p>Fitter Futures Warwickshire</p> <ul style="list-style-type: none"> • Online referral through www.fitterfutureswarwickshire.co.uk • 024 7640 0594 <p>School Health and Wellbeing Service (Compass)</p> <ul style="list-style-type: none"> • 03300 245 204 • warwickshireSH&WBService@compass-uk.org • www.compass-uk.org/compass-warwickshire-schools 	<ul style="list-style-type: none"> • SWFT - Recommended Intake and Portion Sizes for Children. • Caroline Walker Trust - CHEW resources • SWFT - Guide to Healthy Eating • SWFT - Guide to Healthy Eating for Vegetarians • SWFT - Getting the Balance Right as a Vegan • BDA Food Facts – Healthy Eating for Children • Weightwise – The Next Generation • BHF resources • Change 4 Life resources
<p align="center">All obesity referrals will be triaged by Fitter Futures Warwickshire and based on agreed criteria patients will be referred by FFW to the Warwickshire Dietetic Service</p>			

Medical condition	Alternative actions	Resources available
Restricted Eating (without faltering growth)	First line advice from Primary Care Teams, Consultants, Health Visitors and School Nurses as appropriate.	<ul style="list-style-type: none"> • SWFT - Encouraging Your Child to Eat • SWFT - Recommended Intake and Portion Sizes for Children. • Caroline Walker Trust - CHEW resources • Loughborough University – Parents Guide to Child Feeding (website and app) • BDA Food Facts – Healthy Eating for Children
Nutritional deficiencies, e.g. Iron deficiency anaemia, low calcium intake, Vitamin D deficiency	<p>First line advice from Primary Care Teams, Consultants, Health Visitors and School Nurses as appropriate.</p> <p>Medical staff to treat proven clinical deficiencies as appropriate.</p>	<ul style="list-style-type: none"> • SWFT – How to Increase Your Iron Intake • SWFT - Dairy Sources of Calcium • SWFT - Non Dairy Sources of Calcium • BDA Food Facts Sheet – Vitamin D • Healthy Start resources
Constipation	<p>First line advice from Primary Care Teams, Consultants, Health Visitors and School Nurses as appropriate.</p> <p>Medical staff to treat as appropriate.</p>	<ul style="list-style-type: none"> • SWFT – Increasing the Amount of Fibre in Your Diet • BDA Food Facts Sheet – Healthy Eating for Children
Eating Disorders	Refer to CAMHS or Coventry & Warwickshire Partnership Trust Eating Disorders Service on 0300 200 0011	

The above resources are available via:

South Warwickshire NHS FT Intranet for internal staff:

<http://intranet.swft.nhs.uk/departments-staff-groups/support-services/dietetic-service.aspx>

Trust Children & Young Peoples website on the Internet for primary care staff:

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/dietetics>

Warwickshire County Council Wellbeing Portal
<https://apps.warwickshire.gov.uk/PublicHealthDir>

Flow charts for the dietary management of under 5's are also available for first line advice or prior to referring to the Dietetic Service.