

## Accepted Referrals for Outpatient Dietetic Services

Condition	Referral Criteria	Further Information
Faltering Growth and Weight Loss	<p>Children &lt;2 years: Wt crossing <math>\geq 2</math> centiles spaces from 6 Weeks, or Fall 1 or more centile space if BW &lt;9<sup>th</sup> centile</p> <p>Children &gt; 2 yrs: Wt consistently &lt; 2 centiles spaces below height centile. All children &lt;0.4<sup>th</sup> centile or BMI&lt;2<sup>nd</sup> centile</p> <p><a href="http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx">http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx</a></p>	<p>Refer to Paediatrician if symptoms / signs indicate underlying disorder or failure to respond to interventions delivered in primary care (by Health Visitor). Further guidance: NICE Guidance on Faltering Growth –recognition and management of faltering growth in children.</p> <p><a href="https://www.nice.org.uk/guidance/ng75">https://www.nice.org.uk/guidance/ng75</a></p>
Food Allergy	<p>Infants with confirmed food allergy or suspected cow's milk allergy should be seen.</p> <p>Hypoallergenic formula can be prescribed for infants with CMPA as per the guidelines <b>before</b> infant seen by Dietitian. Infants approaching weaning should be a <b>Priority</b></p>	<p>For advice on appropriate prescribing of cow's milk formulas: Brighton and Hove Guidelines Management of CMPA in Primary care.</p> <p><a href="https://www.gp.brightonandhoveccg.nhs.uk/files/cmapi-guideline-2017-reviewed-flowchartpdf">https://www.gp.brightonandhoveccg.nhs.uk/files/cmapi-guideline-2017-reviewed-flowchartpdf</a></p> <p>If outside B&amp;H: <a href="http://cowsmilkallergyguidelines.co.uk/interactive-algorithm/">http://cowsmilkallergyguidelines.co.uk/interactive-algorithm/</a> Cow's milk protein allergy group session run monthly RACH.</p>
Nutrition Support / Home Enteral Feeding	<p>Infants/Children requiring Naso-gastric / Naso-jejunal / gastrostomy, jejunostomy or a modified texture. All referrals should be seen and are priority.</p>	<p><a href="mailto:Michelle.Burke4@NHS.net">Michelle.Burke4@NHS.net</a> is Home Enteral Feeding Lead for Brighton and Hove.</p> <p><a href="mailto:Cheryl.Geary@NHS.net">Cheryl.Geary@NHS.net</a> is Home Enteral Feeding Lead for Mid-Sussex.</p>
Obesity	<p>Children with a BMI &gt; 98<sup>th</sup> centile who have attended a community weight management programme.</p> <p>Children with Co-morbidities, e.g. hyperlipidaemia or hypertension referred by <b>Paediatrician at RACH</b></p>	<p>TO CALCULATE BMI CENTILE: <a href="http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx">http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx</a> Brighton and Hove; Family Shape-Up 6 – 13 years: <a href="http://bhfood.org.uk/family-shape-up">http://bhfood.org.uk/family-shape-up</a></p>
Gastro Conditions	<p>Children with suspected coeliac disease / inflammatory bowel disease (I.B.D.) should be referred to a Gastroenterologist. Patients will be seen as part of multi-disciplinary team.</p>	<p>All known patients with I.B.D. can access dietetic services via gastro nurses as required and will be seen routinely at IBD MDT annual review clinics.</p> <p>All known coeliacs will be seen annually as part of routine RACH gastro follow up.</p>
Diabetes	<p>All children with Diabetes Type 1 / Type II Mody</p>	<p>Children with suspected Type 1 diabetes should go via A&amp;E Please refer all other children to Endocrine Consultants who will refer onto Children's Diabetes Team.</p>
Only Selective eaters that meet criteria	<p>Only selective eaters with underlying medical condition e.g children on autistic spectrum disorder, neurodisability Or faltering growth / weight loss</p>	

## Referrals not accepted

Condition	Further Information	Support / Resources
Eating Disorders	Suspected / diagnosed eating disorders should be referred to specialist CAMHs service; FEDS. If child / young person remains under GP management alone a Dietitian can ONLY assess and advise on balanced diet. We are <b>not</b> specialists in eating disorders.	FEDS is pan sussex. Tel 01444472670 <a href="mailto:FEDS@sussexpartnership.nhs.uk">FEDS@sussexpartnership.nhs.uk</a> Out of hours and weekends: 07391010452 Refer to NICE guidance: <a href="https://www.nice.org.uk/guidance/cg9">https://www.nice.org.uk/guidance/cg9</a> and Junior Marzipan Guidance to determine whether admission necessary <a href="http://www.rcpsych.ac.uk/pdf/CR168summary.pdf">http://www.rcpsych.ac.uk/pdf/CR168summary.pdf</a>
Selective Eaters who are thriving	Only referrals for selective eaters with underlying medical condition e.g children on autistic spectrum disorder, neurodisability or faltering growth / weight loss will be accepted.	Under 5's: refer to Health Visitor <a href="https://www.infantandtoddlerforum.org/toddlers-to-preschool/fussy-eating/how-to-manage-fussy-toddlers/">https://www.infantandtoddlerforum.org/toddlers-to-preschool/fussy-eating/how-to-manage-fussy-toddlers/</a> Over 5's: advice – 1 /day over the counter multivitamin and mineral for children appropriate to age: <a href="https://www.bda.uk.com/foodfacts/healthyeatingchildren.pdf">https://www.bda.uk.com/foodfacts/healthyeatingchildren.pdf</a>
General Healthy Eating (e.g. Vegan/ Vegetarian diets Healthy eating)	Not accepted unless underlying medical diagnosis / faltering growth or nutritional deficiency.	<a href="https://www.bda.uk.com/foodfacts/WeaningYourChild.pdf">https://www.bda.uk.com/foodfacts/WeaningYourChild.pdf</a>  <a href="http://www.firststepsnutrition.org/pdfs/Eating_well_for_veg_infants_for_web.pdf">http://www.firststepsnutrition.org/pdfs/Eating_well_for_veg_infants_for_web.pdf</a>  <a href="https://www.bda.uk.com/foodfacts/vegetarianfoodfacts.pdf">https://www.bda.uk.com/foodfacts/vegetarianfoodfacts.pdf</a>  <a href="https://www.bda.uk.com/foodfacts/healthyeatingchildren.pdf">https://www.bda.uk.com/foodfacts/healthyeatingchildren.pdf</a>  <a href="http://www.nhs.uk/Conditions/Anaemia-iron-deficiency-/Pages/Treatment.aspx">http://www.nhs.uk/Conditions/Anaemia-iron-deficiency-/Pages/Treatment.aspx</a>
Vitamin D deficiency	Treatment is vitamin D supplementation.	Please follow Vitamin D prescribing guidelines <a href="https://www.gp.brightonandhoveccg.nhs.uk/prescribing-nutrition-and-blood">https://www.gp.brightonandhoveccg.nhs.uk/prescribing-nutrition-and-blood</a> then download Paediatric Vitamin D Guidelines <a href="https://www.bda.uk.com/foodfacts/VitaminD.pdf">https://www.bda.uk.com/foodfacts/VitaminD.pdf</a>
Lactose Intolerance	Dairy foods can be substituted with Lactose free foods which are widely available.	<a href="http://www.nhs.uk/Conditions/lactose-intolerance/Pages/Introduction.aspx">http://www.nhs.uk/Conditions/lactose-intolerance/Pages/Introduction.aspx</a> <a href="https://www.gp.brightonandhoveccg.nhs.uk/files/lactose-free-flow-charts-finalpdf">https://www.gp.brightonandhoveccg.nhs.uk/files/lactose-free-flow-charts-finalpdf</a>
Constipation	Unless child is suspected to have food allergy causing constipation all referrals will no longer be accepted.	Refer to NICE Guidance, laxatives are cornerstone of treatment. <a href="https://www.nice.org.uk/guidance/cg99">https://www.nice.org.uk/guidance/cg99</a>
Obese children who have not attended community programme	Obese children need to have attended community based programme where available <b>before</b> referral. <a href="http://bhfood.org.uk/family-shape-up">http://bhfood.org.uk/family-shape-up</a> Children in Brighton and Hove > 5yrs with <i>complex</i> needs should be referred to: Lesley Surbey, Weight management Team at Seaside View <a href="mailto:lesley.surbey@NHS.net">lesley.surbey@NHS.net</a>	