

## Referral and Priority Criteria for Adult Dietetic Services

Patients who reside out of Cardiff and Vale University Health Board locality will be referred onto their local dietetic department, unless the referral is to a commissioned tertiary service.

Referrals will be placed in one of two categories, **urgent and routine**.

The priority criteria stated below are guidance only and will be influenced by referral volume and assume adequate clinical information is received on referral, patient engagement with the service and full staffing levels within the dietetic service for the UHB.

### **Urgent referrals to community dietitians via WCCG referral:**

#### **Poor appetite/Undernutrition:**

- Patients with significant unintentional weight loss (i.e. 5-10% in 3-6 months)
- Persistent low BMI <18.5kg m<sup>2</sup> and patient reports poor intake
- Pressure ulcer grade 3 and above: ?? so in line with C&V community nursing team criteria
- Patients with dysphagia resulting in weight loss requiring modified consistency diets as advised by S&LT.
- New Home enteral tube feeding patients requiring dietetic support
- Enteral tube related issues contact Community Nutrition nurse specialist c/o community dietitians.

#### **Post Bariatric surgery:**

- Bariatric post op patients with severely deranged biochemistry & no longer under the surgical team.
- Bariatric post op and pregnant.

### **Routine referrals to community dietitians via WCCG referral:**

- Type 2 Diabetes: newly diagnosed/ poorly controlled/ conversion to insulin
- Hyperlipidaemia
- Irritable Bowel Syndrome: First line dietary modification (**NB**. Low FODMAPS diet is not available in Cardiff & Vale UHB)
- Dysphagia requiring modified consistency diet in absence of weight loss.

#### **Adults living with overweight and obesity:**

- Body Mass Index > 30kg/m<sup>2</sup>. (includes referrals for Orthopaedic Lifestyle pathway)
- Body Mass Index 28-30 Kg/m<sup>2</sup> if associated risk factors e.g. raised cholesterol level/CHD/diabetes.
- Body Mass Index > 40kg/m<sup>2</sup>. Optimising Outcome policy for weight management prior to elective surgery

Referrals to Professor Datta and the **Specialist weight management service (SWMS)** are managed by Community Dietitians, eg. Patient requesting bariatric surgery

**NB:** A request for bariatric surgery sent direct to the Welsh Institute of Metabolic and obesity surgery (WIMOS) will automatically be redirected to Riverside HC by the WIMOS Team.

### **Residents in Care Homes will be redirected to local CRT:**

Referrals for patients who reside in **nursing homes** should be directed to the Community Resource Team dietetic service, details as below:

North & West Cardiff CRT – Whitchurch hospital

South & East Cardiff CRT – Llanrumney Health centre

Vale CRS - Barry Hospital

### **Urgent referrals to UHW/UHL secondary care dietetic services: via fax/email**

- Newly diagnosed Type1 DM
- Gestational diabetes
- Newly diagnosed Coeliac disease: diagnosis confirmed by histology (serology alone is not diagnostic).
- Potassium restricted diets

### **Routine referrals to UHW/UHL secondary care dietetic services: via fax/email**

- Pancreatic enzyme replacement therapy
- Dietary advice for Phosphate control
- Sodium restricted diets

### **Eating Disorders:**

Confirmed diagnosis of eating disorder, patients should be referred to CMHT or CAMHS to provide access to specialist dietetic services.

### **Patients with Learning Difficulties:**

For lifestyle management please refer to UHB dietetic services, for complex malnutrition and home enteral feeding please refer to Bridgend specialist service for learning difficulties:

**Learning Disability Dietetic service, Directorate of Mental Health & Learning Disabilities, Glanrhyd Hospital, Tondur Road, Bridgend, CF31 4LN**

**Tel: 01656 753936**

### **Dietetic Contact details:**

<b>Community Dietitians, Riverside HC</b> TEL: 02920907681 / FAX 02920 907672 Email: dietitians.CAV@wales.nhs.uk	<b>Community Nutrition Nurse</b> TEL: 02920907615/ FAX: 02920 907672 Email: dietitians.CAV@wales.nhs.uk
<b>Dietetics UHW</b> TEL 02920744294 / FAX02920744913 Email: Dietetic.admin.UHW@wales.nhs.uk	<b>Dietetics UHL</b> TEL 02920715281 / FAX02920 715033 Email: Dietetics.Llandough@wales.nhs.uk