

Nutrition & Dietetics Service

(Inner & East and North Bristol)

Adult Patients only

Diabetes & Nutrition Services (DANS)

John Milton Clinic, Crow Lane, Henbury, Bristol, BS10 7DP

Tel: 0117 9598970 Fax: 0117 9598971 Email: DANS.bristol@nhs.net

Before Referring: Has the referral been discussed and agreed with the patient?
If appropriate, has basic first line advice been given?

Problem	Who to Refer
Diabetes	<ul style="list-style-type: none"> All newly diagnosed Type 2 Diabetes <p>Encourage them to also attend the “Living with Diabetes” education programme</p> <ul style="list-style-type: none"> Patients with Type 2 diabetes who would benefit from dietary review before starting on diabetes tablets and/ injectable medications. <p>If starting insulin, encourage them to attend the “Understanding Insulin” Diabetes Structured Education programme.</p> <ul style="list-style-type: none"> Impaired Glucose Tolerance with BMI < 28 Patients with Type 1 diabetes who would benefit from learning to carbohydrate count - note this is a Bristol-wide service <p>There is a Carbohydrate Awareness and Food Freedom (and insulin dose adjustment) Diabetes Structured Education programmes that patients could attend.</p>
Obesity	<ul style="list-style-type: none"> Diabetes dx <i>and</i> BMI ≥ 28kg/m² <p>Has the patient been directed to the Live Well Bristol website https://www.bristol.gov.uk/web/live-well-bristol</p>
Cardiovascular Disease	<ul style="list-style-type: none"> 10 year CVD risk 20% or greater (NICE 2010) or Persistent raised fasting total cholesterol >4mmol/l, LDL >2mmol/l, HDL <1mmol/l, Triglycerides >2mmol/l which have not responded to advice from other members of the Primary Healthcare Team
Nutritional Support	<p>Malnutrition identified by</p> <ul style="list-style-type: none"> “MUST” screening tool, Nutrition Risk Score ≥ 2 and/or Swallowing difficulties post Speech and Language Therapy (SLT) assessment report to be attached) Review of prescribed oral nutritional supplements
Other	<ul style="list-style-type: none"> Irritable Bowel Syndrome (clinically diagnosed using NICE 2015 and detailed history of investigations required) – for first-line dietary advice only Diagnosed/ suspected nutritional deficiencies such as Iron deficiency anaemia, Vitamin D and Calcium <p>Have you considered the British Dietetics Association (BDA) food factsheets https://www.bda.uk.com/foodfacts/home</p>
Inappropriate Referrals	<ul style="list-style-type: none"> Home Enteral Feeding tube in situ – these patients should be referred to Home Management Services (HMS) at the Central Health Clinic, Tower Hill – 0117 342 7515 Eating Disorders – please refer to Mental Health Services Paediatric referrals should be sent to Dietetic Department at Bristol Children’s Hospital General Healthy Eating advice should first be seen by a Practice Nurse Newly dx (diagnosed by biopsy) or known Coeliac Disease (NICE 2016) - please refer to Gastroenterology Specialist Dietitians at North Bristol NHS Trust (NBT) at Southmead Hospital – 0117 414 5428 or Bristol Royal Infirmary – Tel. 0117 3427360 Suspected Allergy/Food Intolerance – please refer to Nutrition and Dietetics Department at NBT or BRI as above

Please send written referrals to Nutrition & Dietetics, Diabetes & Nutrition Services (DANS), John Milton Clinic, Crow Lane, Henbury, BS10 7DP **or** secure email to DANS.bristol@nhs.net **or** fax to 0117 9598971.

See www.briscomhealth.org.uk/our-services/item/24-nutrition-and-dietetics?sid=24 for referral forms.

Please Note:

- Clients are sent an “**opt-in letter**” asking patients to contact the service to make an appointment, they are given **4 weeks** to respond before discharge.
- Incomplete referrals will be sent back to the referrer for completion to reduce clinical risk. Results of any investigations maybe required prior to consultation
- Clients are also able to self-refer. We will contact their GP to clarify medical information given.