**Hull & East Riding Nutrition & Dietetics Referral Guidance**

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| **Priority** | **New Referral** |
| **1** | **Enteral Feeding**   * New adult enteral feed |
| **Malnutrition**   * At severe risk of re-feeding syndrome: BMI <14kg/m2 little or no nutrition for >15 days (Red Flag Contact Referrer for further information and assess if hospital admission is appropriate) |
| **2** | **Enteral feeding**   * Patients discharged from Acute Services |
| **Malnutrition (No Intervention already commenced)**   * High risk of re-feeding syndrome either **1 of the following** BMI<16 unintentional weight loss more than 15% in the 3-6 months or little or no nutrition for 10 days and low level electrolytes. Or **2 of the following** BMI <18.5kg/m2, unintentional weight loss of 10% in the last 3-6 months, very little or no nutritional intake for >5 days, history of alcohol, substance dependency or malabsorption. * Motor Neuron’s Disease, Huntington’s Disease and Progressive Supranuclear Palsy to be seen as a priority for a home visit, **ideally within 10-14 working days of referral** as to be assessed for enteral tube feeding. * Oncology patients * Food First Initiative instigated resulting in a dietetic referral. * Pressure sores Grade 2 or above * Swallowing difficulties * Disordered eating (patients with an eating disorder with a Hull GP should be referred to **Evolve** from their GP and patients who have an eating disorder who have an East Riding GP must be **under the mental health team** before their referral is accepted by the East Riding Eating Disorders service). * (Patients with **active** Inflammatory Bowel Disease (IBD) are seen by the **Gastroenterology Dietitians** at Hull Royal Infirmary and the referral should be sent back to the referrer). * (Patients who are having **active** dialysis or are for renal transplant are seen by the **Specialist Renal Dietitians** at Hull Royal Infirmary and the referral should be sent back to the referrer). * Breastfeeding mothers who need advice on allergen avoidance |
|  | **Paediatrics**   * BMI on or below 2nd centile * Weight on or below the 2nd centile * Weight 2 or more centiles below height * a fall across 2 or more weight centile spaces, * Severe feeding difficulties (not selective eating)- poor latching, refusing bottle feeds in infants, poor oral intake in children due to dysphagia, managing less than 60-80% of EAR, at risk of dehydration **To be assessed within 5-10 working days of referral** * Severe delayed weaning affecting growth, reliance on formula or milk. * Newly diagnosed allergy / intolerance * Awaiting free from weaning or allergen ladder advice * Reflux |
| **3** | **Malnutrition**   * Assessed and commenced on supplements by referrer. |
| **Coeliac**   * Newly diagnosed following first line advice given at receipt of referral (please book straight onto a coeliac webinar) |
| **Diabetes**   * No newly diagnosed Diabetes are seen by our service, refer to Brocklehurst Diabetes Dietitians. |
| **Paediatrics**   * Selective eating * Referral from acute dietitians with appropriate nutrition plan already in place * Nutritional deficiencies e.g. iron deficiency anaemia * Constipation |
| **4** | **Adult**   * Weight management (Patients with a Hull GP and a BMI> 40 or a BMI>35 with one co-morbidity should be referred by their GP to the Tier 3 Weight Wise Service) * Hyperlipidaemia * Irritable Bowel Syndrome (IBS) * Constipation * Diverticular Disease * Hypertension * Impaired Glucose Intolerance (IGT) * Breastfeeding mothers with diet inadequacy. |
| **Paediatric**   * Weight management for those not accepted by weight wise- under school age, BMI under 98th centile. |

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| **Priority** | **Follow up** |
| **2** | **Enteral feeding**   * All Enteral Feeding |
| **Adults**    **Malnutrition**   * BMI <16kg/M2 * Oncology patients * All neurology patients * Swallowing difficulties/dysphagia including stroke |
|  | **Paediatrics**   * BMI on or below 2nd centile * Weight on or below the 2nd centile * Weight is 2 or more centiles from height * a fall across 2 or more weight centile spaces * Infant with a suspected food allergy * Infant needing free from weaning advice * A child needing advice on starting allergen ladder * Multiple allergies and restricted diet, * Infant/child with feeding difficulties- swallowing/texture aversion/reflux |
| **3** | **Adults**  **Malnutrition**   * All other malnutrition unless listed about |
| **Coeliac**   * Follow up |
| **Diabetes**   * Non ambulatory patients |
| **Paediatrics**   * fussy/selective eating, * iron deficiency, * constipation, * child with allergy who has had advice on starting allergen ladders. |
| **4** | **Adult**   * Weight management * Hyperlipidaemia * Irritable Bowel Syndrome (IBS) * Constipation * Diverticular Disease * Hypertension * Impaired Glucose Intolerance (IGT) |
| **Paediatric**   * Weight management for those not accepted by weight wise- under school age, BMI under 98th centile. |