Referral Criteria for Paediatric Dietetic Services in BANES

All referrals should have been discussed and agreed with patient/family/carer beforehand.

Before referring, check: If patient /family/carer is ready to make dietary changes and/or first line dietary advice has been given.

All referrals will need the following information:

Patient details including NHS number, DOB, sex and ethnicity Diagnosis and reason for referral to the Dietetic service

Weight, height or length and BMI (including Centiles) Relevant past medical history

Relevant medication Relevant social history

Referral forms and first line advice are available from:

Nutrition and Dietetic Department,

St Martin’s Hospital (01225 833916) [ruh-tr.referralsSMHdietitians@nhs.net](mailto:ruh-tr.referralsSMHdietitians@nhs.net)

Appropriate referrals will be triaged by a dietitian and parents/carers will either be offered:

a clinic appointment, a telephone appointment or a group session - education group for children with cow’s milk protein allergy (CMPA) and •​​ other conditions (if appropriate).

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| Condition | Criteria | Resources for those outside the criteria |
| **Allergies and Food Intolerances** | * Food Allergy/intolerance e.g. wheat, Cow’s milk protein, lactose. | * <https://www.bda.uk.com/resource/milk-allergy.html> * [www.allergyuk.org](http://www.allergyuk.org/) * <https://www.anaphylaxis.org.uk/> * <https://prescribing.bswccg.nhs.uk/prescribing-guidance-by-bnf-chapter> 16 |
| Fussy or restricted eating | * Fussy/restricted eating with or without ASD diagnosis * ARFID (avoidant restrictive food intake disorder) * If meeting faltering growth criteria or overweight | * <https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/> Resources including a helpful video on fussy eating for children 18-30 months and meal ideas, understanding difficult behaviour. * [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org) – Resources on nutritional problems * <https://patientwebinars.co.uk/condition/fussy-eating-in-children/> |
| Faltering growth/ poor weight gain*Weight and length/height MUST be included with the referral.* | Faltering growth defined as meeting NICE Classification Thresholds for Faltering Growth:   * A fall across 1 or more weight centiles, if birth weight is below the 9th centile * A fall across 2 or more weight centiles, if birth weight is between the 9th and 91st centiles * A fall across 3 or more weight centile spaces, if birth weight was above the 91st centile * When current weight is below the 2nd centile for age, whatever the birth weight | * [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org) – Resources on nutritional problems * [www.firststepsnutrition.org](http://www.firststepsnutrition.org) - Resources on healthy diet and meeting nutritional requirements |
| **Gastrointestinal Problems** | * Irritable Bowel Syndrome (IBS) * Chronic constipation | * [www.bda.uk.com](http://www.bda.uk.com) - Food factsheets:   <https://www.bda.uk.com/resource/irritable-bowel-syndrome-diet.html>  <https://www.bda.uk.com/site-search.html?q=constipation> |
| **Obesity** | * BMI > 99.6th centile or > 91st centile with significant comorbidities or complex needs * If child or young person has other medical condition requiring therapeutic intervention or at risk of developing Type 2 diabetes | * [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org) – Portion sizes * [The National Child Measurement Programme - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/) * Weight Concern <http://www.weightconcern.org.uk/> * Change4Life <https://www.nhs.uk/change4life> * HENRY <https://www.henry.org.uk/> * Slimming World <https://www.slimmingworld.co.uk/health/news/supporting_young_members.aspx> |
| **Poor Nutritional Status** | * Vegan or vegetarian meeting faltering growth criteria * Diagnosed nutrient deficiencies e.g. Iron deficiency anaemia * Severely restricted diets imposed by primary carer of young person. | * [www.bda.uk.com-](http://www.bda.uk.com-) Food factsheets i.e. <https://www.bda.uk.com/resource/iron-rich-foods-iron-deficiency.html> * <https://www.nhs.uk/conditions/pregnancy-and-baby/understanding-food-groups/?tabname=babies-and-toddlers#helping-your-child-get-enough-iron> * [www.vegsoc.org](http://www.vegsoc.org) * [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org) - Resources on healthy eating and nutritional problems * [www.firststepsnutrition.org](http://www.firststepsnutrition.org) - Resources on healthy diet and meeting nutritional requirements |
| Reflux / poor feeding | * First line advice and monitoring implemented before referral. | * [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org) – Resources on nutritional problems |
| **Exclusions** | * Coeliac Disease * Cystic Fibrosis / Metabolic Disorders (seen by RUH MDT team) * Diabetes (Type 1 seen by the Specialist Paediatric Diabetes Service at the RUH) * Eating disorders e.g. Anorexia or Bulimia Nervosa. Children with a diagnosed eating disorder, refer directly to CAMHS. * General healthy eating * Ketogenic diets * Nut allergy, multiple allergies and IgE mediated allergy (seen by Paediatric Allergy Team RUH) * Out of area referrals, unless patient is under a Community Paediatrician or GP in BANES | * Caroline Walker Trust <https://www.cwt.org.uk/publications/> * Toddler food common questions <https://www.nhs.uk/conditions/pregnancy-and-baby/baby-food-questions/> * [www.b-eat.co.uk](http://www.b-eat.co.uk) – Information and support on eating disorders~~.~~ * [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org) - Resources on nutritional problems |

Referrals meeting the above criteria are accepted from BANES community Paediatricians, BANES GP’s, school nurses, health visitors, specialist nurses and other community based health professionals. First line advice and monitoring should have been offered prior to a referral being made. If you are unsure about a referral please contact the Dietetic Department (SMH tel 01225 833916 or email ruh-tr.referralsSMHdietitians@nhs.net). Patients may not hear from the service immediately (unless considered urgent) as there is a long waiting list for appointments. Suggested resources do not constitute an endorsement of the information.

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