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| **Acute Services Division**  **North Sector** |  |

**Community Nutrition and Dietetic Service**

**Referral Guidance**

**Introduction**

Nutrition has a vital role in supporting and maintaining good health and in the treatment of many conditions. “Dietitians are qualified and regulated health professionals that assess, diagnose and treat dietary and nutritional problems” (BDA 2021). Dietitians “**use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.”** (BDA 2021).

Community dietitians who are based across various NHSGGC locations will accept referrals for a range of conditions. The following information lists the main types of referrals that will be accepted by community dietitians. There is also nutritional information available from the NHSGGC Dietetic public website: [Dietetics - NHSGGC](https://www.nhsggc.scot/hospitals-services/services-a-to-z/dietetics/)

Referrals for the community dietitian can be made preferably via SCI Gateway or via the community dietetic service referral form (Appendix 1).Health care professionals, care home staff and social work staff can all refer to the community dietetic service. The completed form can be emailed to a generic email address which have been listed at the end of this document.

Referrers can access dietetic records for patients either previously or presently under the care of a dietitian. These can be viewed in Clinical Portal.

This referral guidance is split into 6 sections:

* Section 1 Adult referrals appropriate for the Community Dietetic Service
* Section 2 Adult referrals not appropriate for the Community Dietetic Service
* Section 3 Paediatric referrals appropriate for the Community Dietetic Service
* Section 4 Paediatric referrals not appropriate for the Community Dietetic Service
* Section 5 How to refer to the Community Dietitian
* Section 6 Useful Links

Content within each section can be displayed by clicking the arrow symbol **(** **)** next to each heading.

**SECTION 1**

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| Adult referrals **appropriate** for the Community Dietetic Service |

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##### Constipation / Diverticular Disease

Prior to referral, adults should be provided with the following first line dietary advice: [Fibre | British Dietetic Association (BDA)](https://www.bda.uk.com/resource/fibre.html)

Additionally the importance of fluids should be emphasised with the following first line advice: [**Dehydration - Illnesses & conditions | NHS inform**](https://www.nhsinform.scot/illnesses-and-conditions/nutritional/dehydration)**.**

Adults for whom the first line advice is ineffective can then be referred to the community dietitian.

##### Crohn’s Disease

Patients can access first line information via [**Crohn's & Colitis UK**](https://crohnsandcolitis.org.uk/)

Patients who do not respond to first line dietary advice and are **not** under the care of Gastroenterology can be referred to the community dietitian.

Patients under the care of Gastroenterology should access dietetic care via their Consultant or contact their IBD Helpline. The IBD helpline numbers are:

* 0141 201 6542 for patients under the care of the team at GRI and Stobhill
* 0141 451 6098 for patients under the care of the team at Gartnavel General Hospital, Queen Elizabeth University Hospital and the New Victoria Hospital
* 0141 314 6756 for patients under the care of the team at either the RAH or IRH

##### Dementia

A diagnosis of dementia can increase the risk of malnutrition, swallowing difficulties and other nutritional related problems. Please refer to Nutrition Support and Dysphagia sections below for further information.

##### Diabetes – Type 2

All adults newly diagnosed with Type 2 Diabetes will be invited to attend our education programme called ‘Control It Plus’. This programme provides detailed dietary advice for patients newly diagnosed with diabetes. Patients who did not engage at the time of their diagnosis or who are not newly diagnosed can also be referred by calling our T2D Hub on 0141 531 8901 or emailing: [ggc.type2diabeteshub@ggc.scot.nhs.uk](mailto:ggc.type2diabeteshub@ggc.scot.nhs.uk)

Additionally patients may find the following web link helpful:

[**Type 2 Diabetes Hub - NHSGGC**](https://www.nhsggc.scot/your-health/type-2-diabetes-hub/)

Newly diagnosed patients will also automatically be referred for weight management support, if eligible. For other patients who require weight management, please follow the NHSGGC Weight Management pathway: [Manage your weight - NHSGGC](https://www.nhsggc.scot/your-health/manage-your-weight/) Full referral guidance can be found [**here**](https://www.nhsggc.scot/downloads/weight-management-referral-guidance/)**.**

Adults with Type 2 Diabetes who would prefer an individual appointment, require additional dietary advice or patients with deteriorating or sub-optimal diabetes control, can be referred to the community dietitian for dietary assessment and advice.

As people with pre-diabetes are now formally recognised as being "at risk" of developing diabetes, they can also be referred into the Weight Management Services. Links to self-help weight management materials and referral guidance are included in the information above.

NHSGGC has developed a video to provide advice to people with pre-diabetes. Patients may also find the following link provides them with helpful information:

[**NHSGGC - Information on Prediabetes - YouTube**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DNwuijzW6w4o&data=05%7C02%7CAngela.Monaghan%40ggc.scot.nhs.uk%7Ccfc38dda3a67454c8abf08dca580609a%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638567217987402950%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=7PKUH%2BonN%2FLIpq2rilYtbCqPeASNpxDUD6aa3NUhULs%3D&reserved=0)

[How to prevent type 2 diabetes | Diabetes UK](https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/preventing)

**N.B.** Referrals for patients with Type 1 Diabetes are **not** appropriate for the community dietetic service. These patients should be manged via secondary care services.

##### Dysphagia

Patients suspected of having a swallowing problem should be referred, in the first instance, to a Speech and Language Therapist (SLT). If, the SLT confirms the patient has dysphagia and recommends an appropriate **IDDSI level(s)** a referral can be made to the community dietitian. The community dietitian will support the patient with implementation of the SLT recommendations, whilst ensuring nutritional adequacy of their nutritional intake. The following link provides further information: [IDDSI - IDDSI Framework](https://iddsi.org/framework/)

##### Enteral Feeding

All patients on Home Enteral Feeding should already be under the care of a dietitian. The majority of patients will be under the care of a community dietitian and a small number of patients will be under the care of a specialist hospital dietitian or the Community Rehabilitation Dietitian.

Dietitians regularly correspond with GPs regarding patients on enteral feeding and their contact details will be contained within these letters. In addition to this, for patients under the care of a community or hospital dietitian, you can view the patient’s electronic record on Clinical Portal.

If you have any questions relating to enteral feeding, please contact your local community dietitian. Details of how to contact your local community dietitian can be found in Section 5.

##### Eosinophilic Oesophagitis (EOE)

Patients require to be under the care of a Gastroenterologist to enable MDT management of dietary interventions.

Patients under the care of Gastroenterology should access dietetic care via their Consultant.

##### Irritable Bowel Syndrome (IBS)

Dietary changes can often help improve IBS symptoms. All adults with IBS should be provided with the following first line advice: [**Irritable Bowel Syndrome (IBS) - NHSGGC**](https://www.nhsggc.scot/hospitals-services/services-a-to-z/dietetics/irritable-bowel-syndrome-ibs/)

All adults with a confirmed diagnosis of IBS who continue to experience symptoms that do not respond to first line advice, can be referred to the community dietitian for an initial first line appointment. Advice on a Low Fodmap diet will only be offered, if appropriate, following an initial appointment.

**N.B.** Prior to referral, the dietetic service requests that patients have had symptoms for 6 months or more and that coeliac disease, Inflammatory Bowel Disease (IBD) and other red flag indicators have been excluded: [NICE CG61 - Diagnosing IBS](http://www.nice.org.uk/guidance/cg61/chapter/1-Recommendations#diagnosis-of-ibs)

##### Liver Disease

Patients with Decompensated Liver Disease (cirrhosis with symptoms of ascites/oedema, encephalopathy, jaundice, varices etc.) should not be referred to the community dietitian. Such patients should access specialist dietetic advice via their consultant.

Patients with Decompensated Non-Alcoholic Fatty Liver Disease (NAFLD) cirrhosis should not be referred to the community dietitian. Such patients should access specialist dietetic advice via their consultant.

Patients with Compensated Liver Disease with no symptoms of decompensation can be referred to the community dietitian.

Compensated NAFLD can be referred to the community dietitian or if appropriate the patient should be referred to Glasgow & Clyde Weight Management Services. See weight management section for further information.

##### Nutrition Support

Many conditions can result in weight loss and lead to adults being at risk of malnutrition.

If you suspect your patient is at risk of malnutrition, you may wish to complete the screening tool called **MUST**: [MUST Calculator](https://www.bapen.org.uk/screening-and-must/must-calculator). This tool, which is quick and easy, calculates the level of malnutrition risk.

Patients at risk of malnutrition should be provided with the following first line advice: [Eating to Feel Better Leaflet](http://www.staffnet.ggc.scot.nhs.uk/Partnerships/Greater%20Glasgow%20and%20Clyde%20Services/FFN/Documents/Eating%20To%20Feel%20Better%20Leaflet.pdf)

NHSGGC has developed the following patient pathway for adults at risk of malnutrition [Managing Adult Malnutrition](https://www.nhsggc.org.uk/media/260043/community-must-pathway-final.pdf)

If first line nutrition support advice does not address the risk of malnutrition, patients can be referred to the community dietitian. Referral details should include current weight and height, previous weights for the last 6 months and preferably the **MUST** Score.

If the patient is a resident in a care home, please ask the care home to refer to the community dietitian directly. Care home referrals for nutrition support advice can only be accepted if they include a copy of the “MUST Step 5”. Follow this link for further information: [NHSGGC: Care Homes](https://www.nhsggc.org.uk/your-health/health-services/allied-health-professionals-ahps/dietetics/care-homes-overview/care-homes/)

Some patients with or at risk of malnutrition, will require Oral Nutritional Supplements (ONS) as part of their dietary management. Within NHSGGC, as part of the move towards dietetic only initiation of ONS, the Community Pharmacy Nutrition Support Service (CPNSS) was implemented Board wide in March 2022. To support the aims and implementation of this service, GPs and other prescribers in NHSGGC are asked **NOT** to prescribe ONS products, however, the following **exceptional circumstances** apply:

* Existing patients who are currently prescribed ONS. Dietetic staff will gradually progress these patients onto the community pharmacy model.
* Where ONS prescription requests are received from acute medical staff e.g. via clinic or immediate discharge letters. GPs are asked to support these requests and continue to prescribe and monitor these patients. If patients are not under the care of a community dietitian the GP should refer to the local community dietetic service.

* Dietitians will continue to request prescriptions for a limited number patients’ for example:
* specialist nutritional products that are out-with the scope of the service
* where patients have complex needs or are unable to use the CPNSS e.g. the patient has an enteral feeding tube / the patient uses a pharmacy that is not participating in the service
* if the dietitian does not work in NHSGGC

For any more information on the CPNSS service: [click here](https://www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/pharmacy-services/community-pharmacy-nutrition-support-service-cpnss/)

##### Renal

Patients with Chronic Kidney Disease (CKD) 1 - 3 can be directed to the following self-management materials: [**NHSGGC - Diet and Chronic Kidney Disease (CKD)**](https://www.youtube.com/watch?v=wZtw5tay0K4&t=465s)

However, if dietetic advice is required, this type of patient can be referred to the community dietitian.

If the patient has a raised potassium level or phosphate level, they require specialist renal dietetic advice which would be accessed via the patient’s renal consultant.

Patients who are under the care of a renal consultant with CKD 4 and 5 (eGFR < 30 ml / min) should **not** be referred to the community dietitian. Such patients should access specialist dietetic advice via their consultant.

NHSGGC Dietetic Service website provides further information for patients:

[**Dietetic website**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhsggc.scot%2Fhospitals-services%2Fservices-a-to-z%2Fdietetics%2Fclinical-nutrition%2F&data=05%7C01%7CMichelle.Wardrop%40ggc.scot.nhs.uk%7Cc047a5ba9bf5423f0c1a08daac6b039b%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638011873815831816%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=93dmt5%2B4cac%2BJwUftasnTM38pP4tSUv%2FkskbuD5yb28%3D&reserved=0)

##### Ulcerative Colitis

Patients should be provided the following first line advice by accessing: [**Crohn's & Colitis UK**](https://crohnsandcolitis.org.uk/)

Patients who do not respond to first line dietary advice and are **not** under the care of Gastroenterology can be referred to the community dietitian.

Patients under the care of Gastroenterology should access dietetic care via their Consultant or contact their IBD Helpline.

The IBD helpline numbers are:

* 0141 201 6542 for patients under the care of the team at GRI and Stobhill
* 0141 451 6098 for patients under the care of the team at Gartnavel General Hospital, Queen Elizabeth University Hospital or the New Victoria Hospital
* 0141 314 6756 for patients under the care of the team at either the RAH or IRH

**SECTION 2**

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| Adult referrals **not appropriate** for the Community Dietetic Service |

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**Coeliac Disease**

Adults with suspected or newly confirmed coeliac disease should be referred to secondary care. Click the link below to view the patient pathway:

[**NHSGGC Adult Coeliac Pathway**](http://www.staffnet.ggc.scot.nhs.uk/Partnerships/Greater%20Glasgow%20and%20Clyde%20Services/Primary%20Care%20Support/Family%20Health%20Services/Medical/Documents/December%202022/February%202022/WE%2004.02.22/Iron%20Deficiency%20Pathway%20and%20Gastro-enterology%20Referrals%20Screening%20Pathways/Coeliac%20ACRT%20Pathway%20Oct%2021.pdf)

**Mental Health (MH) adults under 65 years of age with a suspected or diagnosed MH condition**

Adults under the age of 65 years with a mental health problem, which is impacting on their nutritional intake, should be referred onto the appropriate mental health services.

Patients who have been referred to or are under the care of a Community Mental Health Team will be referred, where appropriate, to specialist mental health dietitians by mental health colleagues. These specialist mental health dietitians will work with MDT colleagues to support multi-disciplinary care plans as appropriate.

It is **not** appropriate to refer patients with an eating disorder or disordered eating to the community dietitian.

**Rehabilitation – patients under the care of Community Rehabilitation Teams**

There are dietitians who are part of the community rehabilitation teams. Patients who are under the care of community rehabilitation teams, therefore, should not be referred separately to the community dietitian.

**Weight Management**

Adults requiring weight management assessment and advice should be referred to Glasgow and Clyde Weight Management Services. The following link provides further information: [**Manage your weight - NHSGGC**](https://www.nhsggc.scot/your-health/manage-your-weight/)

Full referral guidance and criteria can be found [**here**.](https://www.nhsggc.scot/downloads/weight-management-referral-guidance/)

The following link provides first line weight management advice and can be shared with patients: [**Eat Well Look Good Feel Great Lose Weight**](https://www.nhsggc.org.uk/media/268847/eat-well-look-good-feel-great-lose-weight.pdf)

Adults who have undergone bariatric surgery are inappropriate to refer to the community dietetic service. Please see web link below for further information

[**Introduction to the BOMSS GP Hub**](https://bomss.org/gp-hub/)

**SECTION 3**

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| Paediatric referrals **appropriate** for the Community Dietetic Service |

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**Allergy**

Children over the age of one year, with a diagnosed single allergy such as peanut allergy or egg allergy can be referred to the community dietitian.

Children under the age of one year, children with an undiagnosed allergy or multiple allergies are not appropriate to refer to the community dietitian.

**Constipation**

Constipation is a common condition in childhood. Please click on the following link for dietary advice [**Constipation advice for families - NHSGGC**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhsggc.scot%2Fdownloads%2Fconstipation-advice-for-families%2F&data=05%7C01%7CAngela.Monaghan%40ggc.scot.nhs.uk%7Cdaf9fe1efbc6454f26e908db821d7bb0%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638246835354772915%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FtI%2BZ9FxXH4T3F9YLzehCgdkNHDSWggPt%2Fc2yCHK4WA%3D&reserved=0). Children requiring further dietary advice can be referred to the community dietitian.

**Cows Milk Protein Allergy (CMPA)**

There is an NHSGGC patient pathway for children with suspected Cows Milk Protein Allergy (CMPA) the following link has been provided for your information:

[**NHSGGC - Diagnosis and management of cow's milk protein allergy in infants (scot.nhs.uk)**](https://www.clinicalguidelines.scot.nhs.uk/nhsggc-guidelines/nhsggc-guidelines/medical-paediatrics/diagnosis-and-management-of-cows-milk-protein-allergy-in-infants/)

The pathway includes the steps for referrers confirming a diagnosis of Non IgE CMPA prior to referring to the dietitian.

Diagnosis is achieved using a 2 - 4 week elimination of cow’s milk from the diet and reintroduction being attempted. Parents should be supported to follow this pathway for diagnosis by either their GP or Health Visitor. Once diagnosis is complete a referral to dietetics should be sent to the relevant dietetic service:

* Children under 1 year old with Non IgE CMPA should be referred to the Royal Hospital for Children paediatric dietetic service.
* Children over one year old should be referred to community dietitian.

**Fussy / Faddy Eating**

Parents, family or carers of a child who is a fussy or faddy eater may find this first line material helpful [**Fussy Eating - NHSGGC**](https://www.nhsggc.scot/downloads/fussy-eating/).Where further advice is required a referral can be made to the community dietitian.

The community dietitian will complete a general dietary assessment and provide general advice on what foods and drinks to include, increase or exclude or reduce from the diet.

**Please note**: community dietitians are not specialists in child and adolescent mental health. Patients either requiring specialist dietary assessment / advice from a Community Adolescent Mental Health Service (CAMHS) dietitian or patients who are already under the care of CAMHS are **not** appropriate for the community dietitian. Below are two links, one to the CAMHS referral criteria and one is a link to Fussy Eaters self-help material developed by CAMHS dietitians.

[**CAMHS Referral Criteria (nhsggc.org.uk)**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhsggc.org.uk%2Fmedia%2F255597%2Fcamhs_referral_criteria.pdf&data=05%7C01%7CMichelle.Wardrop%40ggc.scot.nhs.uk%7C3fd6860544994a5c260608dad1f5c9ea%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638053150818749265%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NzfkGk3Tv%2BCJYogoSaH9x%2Bgt6Ihxmx8M%2BJEV8FCl6%2BQ%3D&reserved=0)

[**CAMHS Fussy Eaters Information Sheet**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhsggc.org.uk%2Fmedia%2F270391%2Ffussy-eaters-information-sheet.pdf&data=05%7C01%7Cmichelle.wardrop%40ggc.scot.nhs.uk%7Ca2e835b0e93b4c99ef7a08db7e3b532c%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638242565639631717%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dmlGfDJoGLEvGv5Dl%2BIWbiaa5R0PvjKH73bVUgSVqrQ%3D&reserved=0)

**Healthy Eating**

There is a wide range of self-support information available from the British Dietetic Association (BDA) website including information on healthy eating for children. The following link has been provided for your information: [**Healthy eating for children | British Dietetic Association (BDA)**](https://www.bda.uk.com/resource/healthy-eating-for-children.html)

Community dietitians can undertake dietary assessment and advise some paediatric patients on conditions such as faddy eating / poor weight gain, constipation, mineral or vitamin deficiency and vegetarianism.

**Weaning**

The NHSGGC Dietetic website contains helpful information on weaning. The following link has been provided for your information: [**Starting Solids**](https://www.nhsggc.scot/your-health/early-years/starting-solids/)

Children with faltering weight should initially have a first line assessment and advice from the Health Visitor. Children over the age of 2 years requiring further assessment or dietetic input can be referred to the community dietitian. Children under the age of 2 years are not appropriate for the community dietitian.

**Weight Management**

**Children 1 - 11 years**

Children from the age of 1 - 11 years with a BMI centile > 91st should be referred to community dietetics. They will be offered an initial assessment, advice and sign posting.

**Young People 12 - 18 years**

Young people aged between 12 – 18 years with a BMI of >25 or >91st centile should be referred to ‘Weigh To Go’.

GPs can refer through SCI Gateway, other health professionals can request a referral form by calling 0141 451 2727 or emailing:[**yhs-wtg@ggc.scot.nhs.uk**](mailto:yhs-wtg@ggc.scot.nhs.uk)

Self-referral for young people and their families is also available by calling the Weigh To Go Youth Health Service on 0141 451 2727, consent from the young person for all referrals is required.

Young people and carers / parents can find out more information by using this link [**NHSGGC: Contact Us**](https://www.nhsggc.org.uk/your-health/health-services/weigh-to-go-12-18-years/contact-us/)

**SECTION 4**

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| Paediatric referrals **not appropriate** for the Community Dietetic Service |

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**Allergy**

Children under the age of one year with an undiagnosed allergy or multiple allergies are not appropriate for the community dietitian.

**Cow’s Milk Protein Allergy (CMPA)**

There is an NHSGGC patient pathway for children with suspected Cow’s Milk Protein Allergy (CMPA) the following link has been provided for your information:

[**NHSGGC - Diagnosis and management of cow's milk protein allergy in infants (scot.nhs.uk)**](https://www.clinicalguidelines.scot.nhs.uk/nhsggc-guidelines/nhsggc-guidelines/medical-paediatrics/diagnosis-and-management-of-cows-milk-protein-allergy-in-infants/)

The pathway includes the steps required to confirm a diagnosis of Non IgE CMPA prior to referring to the dietitian. Once diagnosis is complete a referral to dietetics should be sent to the relevant dietetic service:

* Children under one year old with Non IgE CMPA should be referred to the Royal Hospital for Children paediatric dietetic service.
* Children over one year old with Non IgE CMPA should be referred to the community dietitian.

**Paediatric patients under the care of specialist paediatric teams**

Children under the care of a specialist paediatric team, such as diabetes, gastroenterology, metabolic etc. will have access to a specialist dietitian through their consultant or MDT colleagues. Such patients are **not** appropriate for the community dietitian.

Children who require Oral Nutritional Supplements (ONS) should be under the care of the paediatric service. The community dietitian is unable to initiate or advise on ONS for paediatric patients.

**Paediatric patients with a suspected or diagnosed mental health condition**

Children with either a diagnosed or suspected mental health or psychological condition that is impacting on their nutritional intake are not appropriate for the community dietitian and should be referred onto the appropriate specialist team for specialist dietetic assessment and advice.

Community dietitians are not specialists in child and adolescent mental health. Patients who require a specialist dietary assessment or advice from the Community Adolescent Mental Health Service (CAMHS) dietitian are **not** appropriate for the community dietitian. Patients who are already under the care of CAMHS are **not** appropriate for the community dietitian.

For further information click here: [**camhs\_referral\_criteria.pdf NHS GGC**](https://www.nhsggc.org.uk/media/255597/camhs_referral_criteria.pdf)

**SECTION 5**

**How to refer to the Community Dietitian**

Please refer via SCI Gateway.

If you do not have access to SCI Gateway, you can refer using our manual referral form by clicking on the icon below.

[Community Dietetic Referral Form - NHSGGC](https://www.nhsggc.scot/downloads/community-dietetic-referral-form-2/)

This should be completed and submitted to the relevant generic email address which has been provided below along with geographical information.

Should you have any questions or queries please contact your local dietetic team, all contact details are listed below.

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| **Team**: **North East** | **Bases**: **Springburn Health Centre**  **Lightburn Hospital** |
| **Please submit completed referral forms for our North East Team to the following email address:** [**NorthEastCommunityDietetics@ggc.scot.nhs.uk**](mailto:NorthEastCommunityDietetics@ggc.scot.nhs.uk) | |
| Lightburn Hospital 0141 531 6272  Postcode / Catchment Area: **G31 G32 G33 G34 G40 G69 (Baillieston addresses) & Part of G4 (Calton, Drygate, Townhead) G71 (Broomhouse)**  Springburn Health Centre 0141 232 9101  Postcode / Catchment Area: **G21 G64 G66**  Nursing/Care Homes and Residential Homes in: **G20 G22 G23** | |
| **Team**: **South** | **Bases**: **Castlemilk Health Centre**  **Pollok Health Centre** |
| **Please submit completed referral forms for our South Team to the following email address:** [**SouthCommunityDietetics@ggc.scot.nhs.uk**](mailto:SouthCommunityDietetics@ggc.scot.nhs.uk) | |
| Castlemilk Health Centre 0141 531 8562  Postcode / Catchment Area: **G5 G41 G42 G44 G45 G46 G74.6 (Carmunnock) G76**  Pollok Health Centre 0141 531 6819  Postcode / Catchment Area: **G43 G51 G52 G53 G74.5 (Thorntonhall) G77 G78** | |

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| **Team**: **South Clyde** | **Bases**: **Ferguslie Clinic**  **Greenock Health Centre** |
| **Please submit completed referral forms for our South Clyde Team to the following email address:** [**CommunityDieteticSouthClyde@ggc.scot.nhs.uk**](mailto:CommunityDieteticSouthClyde@ggc.scot.nhs.uk) | |
| Ferguslie Clinic 0141 314 0536  Postcode / Catchment Area: **PA1 PA2 PA3 PA4 PA5 PA6 PA7 PA8 PA9 PA10 PA11 PA12 PA13**  Greenock Health Centre  Postcode / Catchment Area: **PA13 PA14 PA15 PA16 PA18 PA19** | |

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| **Team**: **West** | **Bases**: **Clydebank Health Centre**  **Drumchapel Health Centre**  **Vale Centre for Health & Care** |
| **Please submit completed referral forms for our West Team to the following email address:** [**communitydietetics.westquadrant@ggc.scot.nhs.uk**](mailto:communitydietetics.westquadrant@ggc.scot.nhs.uk) | |
| Clydebank Health Centre  Postcode / Catchment Area: **G81 G60**  Drumchapel Health Centre  Postcode / Catchment Area: **G3 G4 G11 G12 G13 G14 G15 G20 G22 G23 G61 G62 (not care homes in G20 G22 G23)**  Vale Centre for Health and Care  Postcode / Catchment Area: **G82 G83** | |

**Section 6**

**Useful Links**

[**What is a dietitian? | British Dietetic Association (BDA)**](https://www.bda.uk.com/about-dietetics/what-is-dietitian.html)

[**Adult food facts | British Dietetic Association (BDA)**](https://www.bda.uk.com/food-health/food-facts/adult-food-facts.html)

[**NHSGGC: Dietetics**](https://www.nhsggc.org.uk/your-health/health-services/allied-health-professionals-ahps/dietetics/)

[**NHSGGC Dietitians (@NHSGGCDiet) / Twitter**](https://twitter.com/NHSGGCDiet)

[**NHS GGC Dietetics / @NHS GGC Dietetics / Facebook**](https://www.facebook.com/nhsggcdietitians)

[**NHSGGC Dietitians (@nhsggcdietitians) / Instagram**](https://www.instagram.com/nhsggcdietitians/)

[**Food Facts | British Dietetic Association (BDA)**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bda.uk.com%2Ffood-health%2Ffood-facts.html&data=05%7C01%7CAngela.Monaghan%40ggc.scot.nhs.uk%7Cdaf9fe1efbc6454f26e908db821d7bb0%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638246835354929142%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=69MCmP%2FHfDa%2BqC6F6YoOZZCIVftlJhYmC%2Bqf2pM9xJE%3D&reserved=0)