

**Dept of Nutrition & Dietetics
NHSGGC**

Guidelines for GP's for Paediatric Referrals to Dietetic Services

The aim of this guidance is to direct General Practitioners in NHSGGC on where to send Dietetic referrals for infants & children. Details on where to send the referral for each service can be found in Appendix 1

Diagnosis/Referral Reason	General Information	Community Dietetic Service	Specialist Paediatric Dietetic Services- Royal Hospital Children IRH/RAH/VOL
Weight Faltering	<p>If no underlying medical cause then follow the NHSGGC Weight Faltering Pathway for pre –school children. – see hyperlink below. This recommends first line assessment & advice should be given by the Health Visitor (HV) or Family Nurse</p> <p>If no improvement refer to the Growth & Nutrition Advisors for further assessment/advice North - Jackie Farquharson, Tel: 07733 231 980 South & Clyde Denise Mullen Tel: 07957 724 384</p>	Children > 2 years	Infants and children < 2years with underlying medical cause.
Food Allergy	<p>Infants < 1year with suspected non-IgE cow's milk protein - Please refer to the "Primary care management of non-IgE reactions to cows' milk in infants" (see below for hyperlink to pathway)</p> <p>Infants and children suspected of having IgE mediated allergy should be referred to the Consultant Allergy Clinic</p>	<p>Children > 1 year – confirmed non-IgE reactions to milk</p> <p>Confirmed single food, allergy with no nutritional implications e.g. egg, peanut</p>	<p>Infants < 1 year - Confirmed (via pathway) cow's milk allergy</p> <p>Children with multiple food allergies</p> <p>Children with IgE food reactions should also be referred to the local Allergy Clinic</p>
Alternative Diets with no weight faltering	<p>Children following restricted diets through parental choice/ lifestyle.</p> <p>Children with restricted or limited diets because of perceived reactions to food, e.g. ADHD</p> <p>Children with GI symptoms or allergic reactions should be referred to a Consultant Paediatrician</p>	<p>Yes</p> <p>Can be referred only for general dietary assessment of nutritional adequacy, e.g. energy, protein, calcium, iron and vitamins but not for long term follow up</p>	No
Obesity	<p>Infants & children < 5 years</p> <p>If no underlying medical cause then follow the NHSGGC Obesity Pathway for pre –school children – see hyperlink below. This</p>	If ACES is not available locally refer to the	Children with associated medical conditions or co-morbidity will be

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	<p>recommends first line assessment & advice should be given by the Health Visitor (HV) or Family Nurse Further advice and support is available from the NHSGGC Growth & Nutrition Service –.</p> <p>North - Jackie Farquharson, Tel: 07733 231 980 South & Clyde Denise Mullen Tel: 07957 724 384</p> <p>Children ≥ 5years - Parents/children can self refer to the ACES service where available (East Dunbartonshire, West Dun, Renfrewshire, Inverclyde)</p>	Community Dietetic Service	referred by the Consultant Endocrinologist
General healthy eating advice	<p>Infants and children < 5years advice from the Health Visitor e.g. Infant feeding, weaning advice, faddy eating, constipation, vegetarian/vegan diets</p>	<p>Infants & Children < 5years- if no improvement after 1st line HV advice</p> <p>Children > 5years -</p>	No
Delayed weaning (beyond 9 months) or older infants/children on inappropriate textures for age	<p>Initial assessment and advice from the Health Visitor.</p> <p>If weight faltering – refer to the Weight Faltering Pathway</p>	<p>No</p> <p>If no improvement or further concerns consider referral to Speech & Language Therapy or Paediatrician</p>	Yes –if already under the care of a neonatologist or Consultant Paediatrician
Autism	<p>Children under the care of the CAMHS team should be referred by the team to CAMHS Dietetic Service</p>	<p>Selective eaters with normal growth or mild weight faltering if not known to CAMHS</p>	No
Eating Disorders	<p>Early identification and early treatment is indicated where following are present: weight loss, lack of growth, changes to intake, fear of fatness/weight gain</p>	<p>No</p> <p>Refer to locality CAHMS Team for assessment</p>	No
Children with special dietary requirements,	<p>e.g. diabetes, enteral feeding, coeliac disease</p>	No	Will all be managed by a named Paediatric Dietitian at Royal Hospital for Children, Glasgow/RAH/IRH/VOL

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Hyperlink for weight Faltering Pathway

<http://www.staffnet.ggc.scot.nhs.uk/Clinical%20Info/MINF/Documents/Weight%20Faltering%20Pathway%202014.pdf>

Hyperlink for Pre Fives Obesity Pathway

<http://www.staffnet.ggc.scot.nhs.uk/Clinical%20Info/MINF/Documents/Pre-school%20Obesity%20Pathway%202014.pdf>

Hyperlink for Non IgE Cow's Milk Allergy Pathway

<http://www.staffnet.ggc.scot.nhs.uk/Info%20Centre/PoliciesProcedures/GGCClinicalGuidelines/GGC%20Clinical%20Guidelines%20Electronic%20Resource%20Direct/Non%20IgE%20Cows%20Milk%20Allergy%20Management%20in%20Infants.pdf>

<http://www.staffnet.ggc.scot.nhs.uk/Info Centre/PoliciesProcedures/GGC Referral Guidance/Referral GuidanceForms/Paediatric Dietetics referral criteria.doc>

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Where to send the referral

CH(C)P	Community	Specialist Paediatric Dietetics
Glasgow City CHP, East Dunbartonshire CHP East Renfrewshire	Community Dietetics SCI Gateway	Royal Hospital for Children SCI Gateway
Renfrewshire CHCP	Community Dietetics SCI Gateway	RAH Paediatric Dietetics SCI Gateway
Inverclyde CHCP (integrated community and specialist Paediatric Dietetic service)	Inverclyde Paediatric Dietetics via SCI Gateway	Inverclyde Paediatric Dietetics SCI Gateway
West Dunbartonshire CHCP	VOL Paediatric Dietetics SCI Gateway	VOL Paediatric Dietetics SCI Gateway
Dumbarton and Alexandria (integrated community and specialist Paediatric Dietetic service)	VOL Paediatric Dietetics SCI Gateway	VOL Paediatric Dietetics SCI Gateway

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Working Group

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