

Referral to Dietitian (Adult Outpatients/Community)

Please complete all sections of this form. Inappropriate/incomplete forms will be returned to the referrer.

We do not accept referrals directly from care homes/care agencies – please contact GP for referral.

Has this referral been agreed with the patient (or relative/carer if lacks capacity)
Is the patient housebound? Yes No If a home visit is required, any risks identified? Yes No
If yes, please specify risk identified:

Name: Date of Birth:
Address:
..... Tel No:
GP: Hospital No: NHS No:
Medical History (or attach summary sheet):
.....
Current Medication (or attach summary sheet):
.....
Other relevant information e.g. carer details, underlying causes for malnutrition:
.....
.....

Reason for referral:

Please inform us of any changes in clinical condition which may affect the urgency or appropriateness of referral

Current Anthropometry:

Date: Weight: Height: BMI: 'MUST' Score:
Alternative measurements e.g. MUAC (if required):

Weight history/weight 3-6 months ago (attach weight/'MUST' form if available):

Current Speech & Language Therapy Input? Yes / No Any swallowing difficulties identified? Yes / No
Diet: Normal (IDDSI 7) / Fork Mashable (IDDSI 6) / Pre-mashed (IDDSI 5) / Puree (IDDSI 4)
Fluids: Normal (IDDSI 0) / Slightly thick (IDDSI 1) / Stage 1 (IDDSI 2) / Stage 2 (IDDSI 3) / Stage 3 (IDDSI 4)

For patients with 'MUST' score of ≥ 2 (high risk of malnutrition) confirm the following actions have been completed:

- Underlying cause(s) of malnutrition considered and addressed (provide details above)
- 'Eat Better, Feel Better' leaflet provided and discussed on date:
- One month trial of oral nutritional supplements in line with formulary commenced on date:

Details:

Referrer (print full name): Job title:

Tel No: Location:

Signed: Date:

Please send the completed referral form and any attachments to University Hospitals Sussex Dietitians at:

St Richard's Hospital: uhsussex.chichesterdietitians@nhs.net
Worthing Hospital: uhsussex.outpatientappointments@nhs.net