

FRASER COAST COMMUNITY AND ALLIED HEALTH SERVICES COMMUNITY DIETITIAN REFERRAL CRITERIA

Condition	Indication for Referral
<p>Cardiovascular Relating Conditions</p> <ul style="list-style-type: none"> Ischemic Heart Disease/ Coronary Heart Disease/ Congestive Heart Failure Hyperlipidemia Hypertension 	<ul style="list-style-type: none"> Newly Diagnosed or review *Please note: <ul style="list-style-type: none"> <u>Lipid Lowering advice</u>: only patients with persistent raised fasting cholesterol of >5mmol/l or LDL > 3.0mmol/l or fasting triglyceride level > 2.0mmol/l who have <u>not</u> responded to medication or advice from other members of the Primary Healthcare Team <u>Hypertension</u> : only patients with consistent high systolic BP >160mmHg and or diastolic BP >100mmHg
<p>Diabetes</p> <ul style="list-style-type: none"> Type 1 DM Type 2 DM Impaired Glucose Tolerance 	<ul style="list-style-type: none"> Newly Diagnosed Unstable BGLs or elevated HbA1c Poor understanding of nutritional management Changes to medication prescribed Undesirable weight change
<p>Eating Disorders</p> <ul style="list-style-type: none"> Anorexia/Bulimia 	<ul style="list-style-type: none"> Newly Diagnosed Weight change or overly concerned with weight Please note: Patients will only be seen if they have ongoing reviews with their Doctor and Psychiatrist.
<p>Food Allergies or Intolerances</p>	<ul style="list-style-type: none"> Newly Diagnosed or exacerbation of condition Poor understanding of nutritional management Undesirable weight change
<p>Gastro Intestinal Disorders</p> <ul style="list-style-type: none"> Inflammatory Bowel Disease e.g. Crohn's Disease, Ulcerative Colitis Malabsorption Coeliac Disease Irritable Bowel Syndrome Diverticular Disease e.g. Diverticulosis/Diverticulitis Oesophagitis/ GORD 	<ul style="list-style-type: none"> Newly Diagnosed or moderate/severe exacerbation of condition Weight loss or undesirable change in weight Poor understanding of nutritional management Abdominal Pain and/or Bloating Constipation or Diarrhoea Nausea
<p>HIV/AIDS</p>	<ul style="list-style-type: none"> Newly Diagnosed Loss of appetite and poor dietary intake Undesirable weight change Poor food skills (e.g. selection and preparation)
<p>Malnutrition</p> <ul style="list-style-type: none"> with no other condition 	<ul style="list-style-type: none"> Unexplained wt loss of 5kg or more in the last 6 months Diagnostic biochemistry Depressed albumin/pre-albumin

Condition	Indication for Referral
Obesity <ul style="list-style-type: none"> • Bariatric Patients 	<ul style="list-style-type: none"> • Patients awaiting Bariatric Surgery • Please note: <u>All overweight or obese patients should first be offered to attend the Lighten Up to a Healthy Lifestyle Program.</u> • Referrals for the Lighten Up to a Healthy Lifestyle Program can be send to Ilze Roux, Healthy Lifestyles Coordinator, GP Links Wide Bay Fax: 4124 1899 or email: iroux@gplinks.org.au
Other <ul style="list-style-type: none"> • Iron Deficiency Anaemia • Osteoporosis • Rheumatoid - /Osteoarthritis • Gout • Lupus • Fibromyalgia • Gallstones 	<ul style="list-style-type: none"> • Newly Diagnosed or exacerbated symptoms
Paediatrics <ul style="list-style-type: none"> • Failure to Thrive • Type 1 Diabetes Mellitus • Allergies or Food Intolerances • Cystic Fibrosis • Obesity 	<ul style="list-style-type: none"> • Have not met milestones in height/weight for age • Newly Diagnosed and reviews • Please note: <u>Fussy Eaters</u> can be referred to Fun not Fuss with Food Group Session at Community and Allied Health, contact Gillian Lang at 07-41228733 for any referrals
Pulmonary Diseases e.g. <ul style="list-style-type: none"> • COPD • Tuberculosis 	<ul style="list-style-type: none"> • Newly Diagnosed • Recent undesirable weight change • Poor Dietary Intake • BMI <20kg/m²
Pregnancy <ul style="list-style-type: none"> • Gestational Diabetes or previous Pregnancy with GDM • Women with pre-existing Diabetes wanting to become pregnant • Poly Cystic Ovary Syndrome • Obese with BMI > 35kg/m² • Weight loss during pregnancy 	<ul style="list-style-type: none"> • As Diagnosed

Further Information:

- **Renal Patients – where Renal is their primary concern** need to be referred to the Community Rehab Dietitian - Doris Yung, at 07-41206670
- **Neurological Disorder Patients** need to be referred to the Community Rehab Dietitian – Doris Yung at 07-41206670
- **Cancer Patients where Cancer is their primary concern** need to be referred to the Cancer Care Dietitian – Graham Roberts at 07-41206670
- **Patients on EPC’s** need to be referred to a Private Practise Dietitian
- **No Domiciliary visits** can be arranged through the Community Dietitian. For house-bound patiens who have complex needs and are at risk of hospital admission can be referred to the Blue Care Dietitian; Carlyne Remedios; P: (07)4197 7202 F: (07) 4197 7201Please find attached eligible criteria for patients who can be referred to the Blue Care Dietitian

Group Sessions

Please note: the Dietitian will offer a referred patient the opportunity to attend a group session if applicable to the patient's diagnosis.

Fun not Fuss with Food Workshop

Fun not Fuss with Food was developed in 2000 by a multidisciplinary team of health professionals at the Gold Coast Health Service District.

It is a single session, two-and-a-half-hour workshop that covers nutrition for children and behavioural management strategies. Options for further support or assessment are provided as required. The workshop aims to increase the capacity of parents with children aged 2–10 years in managing their child's problem eating and mealtime behaviours.

Fun no Fuss with Food runs as a ½ day workshop bimonthly at Community Health. Referrals can be sent to **Gillian Lang - PH: 41228733 or FAX: 41228709**

Lighten Up to a Healthy Lifestyle program

Lighten Up is a group-based healthy lifestyle support program, which employs a behaviour change approach to improving health and well-being and preventing chronic diseases.

The program emphasises making healthy food choices, being physically active, and making healthy lifestyle changes including setting realistic goals, overcoming negative behaviours, increasing self esteem and dealing with stress.

Lighten Up was developed by Queensland Health in 1990 to address the increasing prevalence of overweight and obesity, which poses a major public health problem not only for Queensland but also globally. The focus of the program has since been expanded from weight management to promoting healthy lifestyle behaviours.

Lighten Up to a Healthy Lifestyle is suitable for all adults who wish to adopt a healthier lifestyle, prevent weight gain or loose weight. The approach is suitable for adults with metabolic syndrome, type 2 diabetes or glucose intolerance, elevated lipids or high blood pressure. Both Health District staff and GP's are encouraged to refer suitable clients to the program.

This program will be running in Hervey Bay and Maryborough. Referrals for the Lighten Up to a Healthy Lifestyle Program can be send to Ilze Roux, Healthy Lifestyles Coordinator, GP Links Wide Bay **Fax: 4124 1899 or email: iroux@gplinks.org.au**