

### Guidance on Criteria for Referral: Community Paediatric Dietitian – Children and Young People, with Special Needs.

The following table is intended to provide guidance on referring a child with Special Needs to a Dietitian in the community. If more specific information is required on the referral process, then please contact:

Lambeth contact: Constanza Peña via email: [constanza.pena@gstt.nhs.uk](mailto:constanza.pena@gstt.nhs.uk), telephone number 07901115721 or AVAYA Ext. 63039 or

Deborah Thompson via email: [Deborah.Thompson@gstt.nhs.uk](mailto:Deborah.Thompson@gstt.nhs.uk), Telephone number: 07548153034 or AVAYA Ext: 63037

Southwark contact: Ana Ramos via email: [Ana.Ramos@gstt.nhs.uk](mailto:Ana.Ramos@gstt.nhs.uk) or Rebecca Whitelaw (nee Marshall) via email: [Rebecca.Whitelaw@gstt.nhs.uk](mailto:Rebecca.Whitelaw@gstt.nhs.uk), telephone number 07766085773 or AVAYA Ext. 63033.

Head of Service: Carys Marke via email: [carys.marke@gstt.nhs.uk](mailto:carys.marke@gstt.nhs.uk), telephone number 07919173561 or AVAYA Ext. 63027.

Please ensure that referral forms are completed fully as incomplete referrals may cause delay in contacting the family, carer or school. The service is provided to children with special needs diagnosis, that are registered with a GP in the boroughs of Lambeth and Southwark. In the event of a child being eligible to access services in more than one borough, the family chooses which they wish to access. Should the family choose a borough other than Lambeth or Southwark, the child would be discharged from our service.

Condition	Summary of criteria	Investigation Information required	Notes	
		Essential	Desirable	
Children with Special Needs	<ul style="list-style-type: none"> <li>See specific criteria for conditions below</li> </ul>	<ul style="list-style-type: none"> <li>Diagnosis</li> <li>NHS Number</li> <li>Use <u>referral form</u>/ or refer via Epic;</li> </ul>	<ul style="list-style-type: none"> <li>Other services involved</li> <li>Relevant social history</li> <li>Any safety or</li> </ul>	<ul style="list-style-type: none"> <li>History of weight and height centile / changes will help define faltering growth and help prioritise referrals.</li> <li><b>Should a home visit be</b></li> </ul>

		<ul style="list-style-type: none"> <li>• GP / Consultant details</li> <li>• Reason for referral</li> <li>• Date of birth</li> <li>• Contact details of referring professional including contact number and address</li> <li>• Weight / Height / Centile</li> <li>• </li> </ul>	<p>security issues</p> <ul style="list-style-type: none"> <li>• School or nursery attended</li> <li>• Communication aids.</li> </ul>	<p>required please discuss with dietitian prior to completing referral?</p> <ul style="list-style-type: none"> <li>• If a child is already activated on Epic, essential and desirable information that is recorded in Epic is not required when making a referral.</li> <li>• Referrals are accepted from GP, Consultants, Nurses and AHPs.</li> <li>• Check if the child or young person is under the care of an acute specialist consultant with <u>dietetic input</u> already, this will avoid potentially unnecessary work.</li> <li>• In the case of some referrals a transfer from acute dietetic services to community will be more appropriate. This should be agreed between the family and the acute and community dietitian.</li> </ul>
Autistic Spectrum	<ul style="list-style-type: none"> <li>• Faltering growth – where weight is two centiles lower than height or weight loss has been rapid.</li> <li>• Overweight or Obese (&gt;98<sup>th</sup> centile / &gt;91<sup>st</sup> centile – BMI</li> </ul>	<ul style="list-style-type: none"> <li>• Weight and Height (Centiles)</li> <li>• For restrictive diets please list all consumed foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Weight and Height History</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Where there is concern over faltering growth: a weight and height measurement should be made.</b> If this is not available in the first instance then the referrer should seek advice from the Special Needs dietitian.</li> </ul>

	<ul style="list-style-type: none"> <li>charts)</li> <li>Where a complete food group is absent from the diet. i.e. dairy or alternatives</li> <li>Prescriptive diets, such as wheat, casein and gluten free if there is concern over the child's weight</li> </ul>			<ul style="list-style-type: none"> <li>Where there is concern over a child or young person of being overweight or obese - in the first instance see Change 4 Life website (refer to links) for first line advice.</li> <li>Children with very restrictive diets i.e. &lt; 10 foods eaten but are showing adequate growth will not be accepted (see notes below at end of document)</li> <li>Children that present with prescriptive diets will not be accepted if they show adequate growth (see notes below at end of document)</li> <li>Our service will not accept a referral where there is clinical symptom of poor nutrition, i.e. anaemia. Unless there is also concerns with regards to the child's growth</li> </ul>
Hyperactivity ADHD	<ul style="list-style-type: none"> <li>Referrals for food and hyperactivity <b>are not accepted unless with other diagnosis of nutritional concerns</b></li> </ul>	<ul style="list-style-type: none"> <li>Other diagnosis / problems</li> </ul>		<ul style="list-style-type: none"> <li>Advice can be provided for food and hyperactivity from Foods Standards Agency (refer to links). Identified food colours associated with hyperactivity are; Sunset yellow (E110), quinoline yellow (E104), carmoisine (E122), allura red (E129), tartrazine (E102), ponceau (E124).</li> </ul>
Overweig	<ul style="list-style-type: none"> <li>Overweight or</li> </ul>	<ul style="list-style-type: none"> <li>Family have</li> </ul>	<ul style="list-style-type: none"> <li>Relevant</li> </ul>	<ul style="list-style-type: none"> <li>Where there is concern over a</li> </ul>

ht / Obesity with Special Needs	<p>Obese (&gt;98<sup>th</sup> centile / &gt;91<sup>st</sup> centile – BMI charts)</p> <ul style="list-style-type: none"> <li>Continuous weight gain and reduced mobility (unable to walk / reduced activity with walking aids)</li> </ul>	<p>tried first line advice without improvements and still require specialist support.</p> <ul style="list-style-type: none"> <li>Mobility</li> <li>Weight and height (centiles)</li> </ul>	<p>biochemistry</p> <ul style="list-style-type: none"> <li>Medications</li> <li>Hypotonia / Hypertonia</li> <li>Mid Upper Arm circumference</li> <li>Waist circumference</li> </ul>	<p>child or young person of being overweight or obese - in the first instance see Change 4 Life website (refer to links) for first line advice.</p> <ul style="list-style-type: none"> <li>If the child is to be referred or currently attending a community based tier 2 weight management program then it would not be appropriate to refer to the special needs dietitian due to duplication of advice.</li> <li>Children with neurodisabilities will have other variation in lean body mass and fat mass body composition, and therefore total weight and observation of continuous weight gain should be used.</li> </ul>
Under nutrition / Faltering growth Special Needs	<ul style="list-style-type: none"> <li>Faltering growth – where weight is two centiles lower than height or weight loss has been rapid.</li> </ul>	<ul style="list-style-type: none"> <li>Weight and Height (Centiles)</li> </ul>	<ul style="list-style-type: none"> <li>Weight and Height History</li> <li>Details of nutritional supplement if known/ prescribed.</li> </ul>	<ul style="list-style-type: none"> <li>Where there is concern over faltering growth a measurement of weight and height should be made. In the instance that this is not available then the referrer should seek advice from the Special Needs dietitian in the first instance.</li> </ul>
< 1 years age difficulty with weaning with	<ul style="list-style-type: none"> <li>Referrals are accepted where the child also is experiencing faltering growth or has swallowing</li> </ul>	<ul style="list-style-type: none"> <li>Weight and Height (Centiles)</li> <li>Health Visitor involved</li> </ul>	<ul style="list-style-type: none"> <li>Weight and Height History</li> </ul>	<ul style="list-style-type: none"> <li>Also refer to NHS Choices website – Your baby's first solid foods (<i>see links below</i>)</li> </ul>

Special Needs	difficulties and following a modified consistency diet.			
PEG / NG / NJ / gastrostomy Feed with Special Needs	<ul style="list-style-type: none"> <li>• All Children and Young People with an enteral feeding device should be referred to the HEN team (<i>refer to links</i>)</li> <li>• Referrals are accepted for Children and Young People who may require / pre assessment / assessment for an enteral feeding device.</li> <li>• Referrals are accepted for Children and Young People who may need support with diet and ONS (oral nutrition support) following removal of enteral feeding device.</li> </ul>	<ul style="list-style-type: none"> <li>• Weight and Height (Centiles)</li> </ul>	<ul style="list-style-type: none"> <li>• Weight and Height History</li> </ul>	<ul style="list-style-type: none"> <li>• Consider referral to the Lambeth or Southwark specialist community feeding clinic at the Mary Sheridan Centre/Sunshine house. (<i>Refer to feeding clinic service pathway</i>)</li> </ul>

**Referrals are not accepted for Children and Young People with Special Needs for the following alone.**

- Where Children and Young people are fussy / faddy eaters but growth and development are normal.
- Children with an ASD diagnosis who have a very restrictive diet (under 10 foods) but growth is adequate

- **Hyperactivity / ADHD where exclusion of e-numbers is sought by families / guardian's appropriate information is available from the Food Standards Agency (FSA).**
- **Where Children and Young people are found to be overweight or obese and there is very low motivation of engagement from the family / guardian.**
- **Where infants have not progressed onto age appropriate solids but growth and development are normal.**
- **Where children are experiencing PICA but growth, development are normal.**

The above referrals should in the first instance be made to the Health Visitor or School Nurse. If the school nurse or health visitor feels they are unable to provide adequate advice then the issue should be discussed with GP and referral to be sent to Dietetic Service at the child's local hospital.

### **Community Children's Nutrition and Dietetic service:**

The dietitian for children and young people is able to provide telephone support to health professionals, provide appropriate literature and contacts and able to offer appropriate training on nutrition.

#### **Special Schools**

- The dietitian works in collaboration with special schools teams, and attends regular Multi-Disciplinary Team (MDT) meetings to discuss cases as the need arises. Following discussion with the dietitian, a school appointment may be offered, if there is a need.

#### **Workshops / talks**

For request regarding workshops and talks, please contact paediatric dietitian to discuss further.

### **Links for further information**

- <https://www.evelinalondon.nhs.uk/our-services/community/health-visiting-service/HENRY-programme.aspx>
- *Food Standards Agency – Food colours and hyperactivity, available at: <https://www.nhs.uk/conditions/food-colours-and-hyperactivity/>*

- *Change 4 Life* – available at: <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>
- *NHS Choices – Your baby's first solid foods*, available at: <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/solid-foods-weaning.aspx>
- *National Autistic Society – information on Gluten and Casein Free Diets*, available at: <https://network.autism.org.uk/good-practice/evidence-base/autism-and-glutencasein-free-diets>
- *Home enteral feeding team (HEN)* – email: [LG.ChildrensHEN@nhs.net](mailto:LG.ChildrensHEN@nhs.net) Tel: 020 3049 3810

**Gracefield Gardens Health Centre  
3rd floor, Children's Nutrition & Dietetics  
2-8 Gracefield Gardens  
London  
SW16 2ST**

**External Referrals e-mail to: [GST-TR.referralsnutritiondieteticschildren@nhs.net](mailto:GST-TR.referralsnutritiondieteticschildren@nhs.net)**

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