

Nutrition & Dietetic Department General Clinic Referral Criteria (Paediatrics)

General paediatric dietitian clinics include: Great North Children’s Hospital clinic for consultant paediatrician referrals; community clinics at Benfield Park or Cresta for Newcastle GP referrals (face to face and telephone appointments are available). Referrals are currently accepted by post and email. A referral form is available but not essential if a letter is provided. Specialty, multidisciplinary, regional services including dietetics are not incorporated in this criteria.

<p>Referrals Accepted: All referrals to include named GNCH consultant (usually a general paediatrician) or Newcastle GP/Health Visitor; <18 years old; Diagnosis; Relevant medical history (including current weight and height, growth); Current medication; Relevant biochemical monitoring; Referral reason</p>		
<p>1. Food Allergies/Intolerances, including Cow’s Milk Allergy (CMA) (NICE CG116, 2011 & NICE CKS, 2024)</p> <p>Guidance North Of Tyne NPC</p>	<p>Accepted: Suspected or diagnosed non-IgE-mediated food allergy, e.g. CMA</p> <p>CMA Urgent (aim to see within 2 weeks): Symptomatic – diarrhoea, blood in stool, excess/significant vomiting; Milk aversion or reduced milk intake; Not on prescribed extensively hydrolysed or amino acid milk; Faltering growth; Breastfeeding mother wishing to follow a dairy free diet (calcium, vitamin D, milk free advice for mother)</p> <p>CMA Routine (aim to see within 18 weeks): Symptoms appear to be resolved; Established on prescribed milk; Generic milk free weaning advice; Advice regarding the milk ladder</p> <p><i>All CMA referrals – with opt in letter, send links to Healthier Together CMA videos +- department diet sheet</i></p>	
<p>2. Faltering Growth (NICE NG75, 2017)</p> <p>Guidance North Of Tyne NPC</p>	<p>Accepted: Current weight is below the 2nd centile for age, whatever the birthweight (BW) &/or Weight >2 centiles below length/height centile &/or: BW <9th centile - fall across 1 or more weight centile spaces BW 9th – 91st centile – fall across 2 or more weight centile spaces BW >91st centile - fall across 3 or more weight centile</p> <p>Urgent (aim to see within 2 weeks): if <2 years</p>	<p>Measurements</p> <ul style="list-style-type: none"> • Weight & Length (<2y) or Height (>2y) must be provided • Growth plotted on UK WHO growth chart & centiles included • If possible, obtain biological parents’ heights and work out mid-parental height centile
<p>3. Vitamin & Mineral Deficiencies</p>	<p>Deficiency documented with biochemical values, for example, if further dietary support is required in the management of iron deficiency anaemia.</p>	
<p>4. Constipation (NICE CG99, 2017)</p>	<p>Children must have commenced laxative treatment and have behavioural advice in place and this is clearly documented in referral. Do not use dietary interventions alone as first-line treatment for idiopathic constipation.</p>	

Unable to Accept Referrals for:

Restricted Eating

1. Fussy Eating and/or Restricted Eating (unless there is evidence of faltering growth, as per above criteria, or micronutrient deficiency). Signposting:
<https://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/>
<https://patientwebinars.co.uk/condition/fussy-eating-in-children/webinars/>
<https://patientwebinars.co.uk/condition/fussy-eating-in-children/further-information-hand-outs/>
<https://northeastnorthcumbria.nhs.uk/our-work/workstreams/children-and-young-people/support-for-fussy-picky-eating/>
2. Avoidant/Restrictive Food Intake Disorder (ARFID). Signposting:
<https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/arfid/>
<https://www.cntw.nhs.uk/resource-library/support-for-avoidant-restrictive-food-intake-disorder-arfid/>
3. Eating Disorder or suspected Eating Disorder. Consider NGCYPS@cntw.nhs.uk

Vitamin/Micronutrient Deficiencies

Low vitamin D

Weight Management

Unfortunately, there is no tier 2 weight management service in Newcastle. Signposting:

<https://www.nhs.uk/healthier-families/recipes/>
<https://www.nhs.uk/healthier-families/activities/>

There is now a temporary tier 3 Complications of Excess Weight (CEW) service in Newcastle. This service comprises of a consultant, psychologist, family support worker and dietetics: nuth.newcastlecews@nhs.net

The following will be redirected to the appropriate service:

Out of area referrals	Redirect to local dietetic service
IgE-mediated food allergy	Redirect to be seen in specialist allergy service
General Paediatric patient on Enteral Tube Feed	Redirect to Community Dietetics Team at Newcastle Hospitals, based at Regent Point. Newcastle patients on tube feeds are managed by the Community Dietetic Service: tnu-tr.newcastlehef@nhs.net .

Please note this referral criteria will be used as a guide. Clinical judgement/reasoning can override this.