



# OUTPATIENT GP REFERRAL GUIDELINES NUTRITION AND DIETETICS

## Southern Adelaide Local Health Network (SALHN)

### Description of service

The Dietetic and Nutrition outpatient services at Flinders Medical Centre (FMC) and Noarlunga Hospital (NH) are predominately internal hospital referrals received from various SALHN departments and specialist units. These clinics provide nutritional assessment and treatment for infants, children and adults following inpatient admissions and also for acute and/or complex conditions. Outpatient services are provided either as a face to face or phone consult at Flinders Medical Centre (FMC) and Noarlunga Hospital (NH).

Ambulatory Allied Health Service (AAH) is a multidisciplinary based service that aims to prevent hospital presentations and support earlier discharge. Referrals are received from General Practitioners or internal SALHN departments. Dietetic services are provided for adults at high risk of admission due to a nutrition related issue (eg. malnutrition, unstable bowel condition) and those with chronic disease including Diabetes, Obesity and Respiratory Disease. Dietitians provide dietetic assessment and management to facilitate nutrition, behaviour and lifestyle change to enable individuals to remain well in the community. Dietetic services can be provided within home based settings or within our GP Plus Health Care Centres in Marion, Noarlunga.

FMC & NH Dietetic Outpatient Services		Ambulatory Allied Health Service	
Services provided	Services not provided	Services provided	Services not provided
<ul style="list-style-type: none"> <li>Allergy/Intolerances</li> <li>Chronic Renal Failure</li> <li>Diabetes, including Gestational</li> <li>Eating Disorders</li> <li>Faltering Growth</li> <li>Gastrointestinal disorders</li> <li>Liver Failure</li> <li>Malnutrition</li> <li>Neurological conditions</li> <li>Nutrient deficiencies</li> <li>Nutritional assessment &amp; support</li> </ul>	<ul style="list-style-type: none"> <li>Constipation</li> <li>Fussy eating</li> <li>Healthy eating advice</li> <li>Hyperlipidaemia, Hypertension</li> <li>Overweight/Obesity</li> <li>Poor diet</li> <li>Stable Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Malnutrition (MUST score <math>\geq 2</math>)</li> <li>Gastroenterology e.g. Severe IBS, Inflammatory Bowel Disease, newly diagnosed Coeliac</li> <li>Nutrition assessment and support for patients at risk of admission due to a nutrition related issue</li> </ul>	<ul style="list-style-type: none"> <li>Paediatric general fussy eating in absence of growth concerns/diagnosed deficiency</li> <li>Diabetes in pregnancy (FMC)</li> <li>Diabetes in children and adolescent &lt;15 years</li> <li>Hyperlipidaemia or HT</li> </ul>

### For Appointments contact –

Flinders Medical Centre & Noarlunga Hospital Ph: (08) 82044302 Fax: (08) 8204 4570

Email Health: [Health.FMCDietitianReferrals@sa.gov.au](mailto:Health.FMCDietitianReferrals@sa.gov.au)

Ambulatory Allied Health Service (AAH): Ph: (08) 7425 8200 or (08) 8164 9111 Fax: (08) 7425 8248

Email: [Health.SALHNAmbulatoryAlliedHealth@sa.gov.au](mailto:Health.SALHNAmbulatoryAlliedHealth@sa.gov.au)

Health2Go Paediatric Outpatient Clinic	
Services provided	Services not provided
<ul style="list-style-type: none"> <li>Introduction of solids</li> <li>Fussy eating</li> <li>Constipation</li> <li>Lactose, fructose or sucrose intolerance</li> <li>Type 2 Diabetes</li> <li>Hyperlipidaemia</li> <li>Hypertension</li> <li>Irritable bowel syndrome</li> <li>General nutrition advice (eg. vegetarian diet)</li> </ul>	<ul style="list-style-type: none"> <li>Overweight / Obesity</li> </ul> <p>Health2Go service is a collaboration between SALHN and Flinders University that delivered a low-cost student led paediatric clinic 0-16yrs:</p> <p>Ph: (08) 7221 8700 Fax: (08) 72218729 <a href="mailto:health2Go@flinders.edu.au">health2Go@flinders.edu.au</a></p>

General Information to assist with referrals and the and Referral templates are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

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