

**Appendix 7: Milton Keynes Dietetic Referral Criteria:  
Adult Patients Requiring Nutritional Support**

(Refer also to the *Contacts List* for addresses etc.)

**The Acute Dietetic Department at MKHFT**

(Acute Dietetic Dept. Tel: 01908 243126)

**Referral criteria for patients**

- ❖ **able to get to outpatient clinic**
- ❖ **who are at very high nutritional risk and/or with complex medical conditions**

**One or more of the following should apply:**

- MUST Score  $\geq 3$
- Patients with complex medical conditions such as uncontrolled diabetes, renal failure, (CKD 3 with high potassium), heart failure with volume restrictions, gastrointestinal disorders
- Patients at risk of developing refeeding problems (BMI  $\leq 16\text{kg/m}^2$ , or who have had little or no nutritional intake for the last 10 days, or who have lost  $> 15\%$  body weight in the last 3-6 months but excluding end of life)
- Patients with dysphagia who have been recommended thickened fluids by a speech & language therapist & who have a MUST Score  $\geq 2$  a month after your initial nutritional screening and treatment with *Food First* without improvement (*at this stage a pre-thickened ONS will need to be considered and this must be under the direction of a dietitian*)
- If ONS are the sole source of nutrition
- Patients on ONS for more than 3 months without the ability to transition to diet to meet requirements

**The Community Dietetic Department at MKHFT**

(Community Dietetic Dept. Tel: 01908 243320)

**Referral criteria for patients:**

- ❖ **resident in their own homes who are unable to get to outpatient clinic, or**
- ❖ **resident in a care home**

**One or more of the following should apply:**

- MUST Score  $\geq 2$  for 2 consecutive months, the patient is losing weight, they have tried ONS bd for 1 month and there is no improvement - ***If resident in a carehome, carers must adhere to the Carehome Pack (see appendix) prior to any home visit***
- Patients with complex nutritional needs such as uncontrolled diabetes, renal failure, (CKD 3 with high potassium), heart failure with volume restrictions, gastrointestinal disorders
- Patients at risk of developing refeeding syndrome (BMI  $\leq 16\text{kg/m}^2$ , or who have had little or no nutritional intake for the last 10 days, or who have lost  $> 15\%$  body weight in the last 3-6 months but excluding end of life)
- Patients with dysphagia who have been recommended thickened fluids by a speech & language therapist & who have a MUST Score  $\geq 2$  a month after your initial nutritional screening and treatment with *Food First* without improvement (*at this stage a pre-thickened ONS will need to be considered and this must be under the direction of a dietitian*)
- Weight loss of  $> 2\text{kg}$  in any one month whilst having ONS bd
- If ONS are the sole source of nutrition/problem in finding a suitable ONS
- Patients who still need ONS after 6 months prescription and have not been seen by a dietitian

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**Referral Criteria for Patients with a Learning Disability:**

**Referral criteria for patients**

- ❖ **with a learning disability**
- ❖ **who are too disabled to access outpatient clinic**
  
- **If the patient has a MUST Score  $\geq 2$**

Referrals should be made to the LD Dietitian at

**The Community Team for Adults with Learning Disability (CTALD)**

Tower Drive Centre, Tower Drive, Neath Hill, Milton Keynes, MK14 6NA

(Tel: 01908 253001)

*(Refer to the Acute Dietetic Department Referral Criteria if patients are able to access outpatient clinic)*