

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 > 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 < 16kg/m<sup>2</sup>, 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 > 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

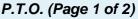
(Community Dietetic Dept. Tel: 01908 243320)

### **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 > 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 < 16kg/m<sup>2</sup>, 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 ≥ 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 > 2kg 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







## 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 ≥ 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)

