

Request for Dietary Advice



Patient details	Surname	Title Mr/Mrs/Miss/Ms		
	First Name	Date of Birth:		
Address	Postcode			
Telephone number	Home	Work	Mobile	
NHS/Hospital Number	Ethnic Group			

Reason(s) for referral/Health Professional Required (Please Place an **X in the box**)
 Please feel free to copy & paste from our services covered, tailoring your reasons to their specific needs.

Dietitian

History of Present Complaint/What are the main issues

Relevant Past Medical History:

Relevant Bloods: [e.g. Lipid Profile, HbA1c, Anti-transglutaminase antibodies (Anti-TTG); U&E's; Renal Function]:



Referrers Details- Please ensure sufficient and accurate details are provided. The referral will be returned if this is not fully and LEDGIBLY completed

Name of referrer		Profession of referrer (if not a Dr this referral must be copied to patients GP)	
Address of referrer			
Telephone/email address			
Payment route CCG/Patient self funded	Please indicate whether this patient will be self funding or will be paid for by the CCG.		
Name of GP			
Signed		Date	

Please send referral, relevant results/reports and current medications to:

My Diet Professionals, T/A My Health Professionals Ltd, 24 Unity Close, West Norwood, London, SE19 3NJ.

Or Fax to 0800 975 0194

Or Email: request@myhealthpros.co.uk

[Please ensure the email is sent using encryption available through nhs.net. For more information please download ["Encryption Guide For NHS Mail"](#)]

Telephone enquiries: 0800 975 0195

My Health Professionals Ltd is acting as referral management consultancy lead by health professionals. The referral will be distributed to members of our screened alumni, who are registered and qualified to provide the required service. Each of our representatives is registered with at least one professional body and are able to autonomously provide the latest therapy in line with national guidance. By sending the referral, a payment method has been agreed either with the patient or as part of the CCG payment scheme. If the payment is through a state funded route, your signature will act as a guarantee of this payment being paid, for a minimum of 1 consultation. This would have been agreed prior to referrals being accepted from your practice.



ADULT Referral Criteria

Reason	Areas covered
Weight management and obesity	<ul style="list-style-type: none"> • Patients with BMI >25 (Overweight) with or without co-morbidities • Patients with BMI > 30 (Obese) with or without co-morbidities • Patients reporting nutritional and lifestyle inadequacies • Tailored lifestyle plans and support. • Physical activity,
Diabetes	<ul style="list-style-type: none"> • Patients with type 2 diabetes - newly diagnosed or poorly controlled • Diabetic annual review • Newly diagnosed impaired glucose tolerance • Gestational Diabetes • Postural tachycardia syndrome
Cardiovascular and Metabolic	<ul style="list-style-type: none"> • Modification of CV risk factors including hyperlipidaemias(TG>2. 2mmol/l, Total cholesterol>5mmol/l) • Metabolic conditions • Post MI diet and lifestyle modification.
Nutrient Deficiencies	<ul style="list-style-type: none"> • Dietary assessment for suspected nutritional deficiencies including anaemia, vitamin D and Calcium and other micronutrients
Pregnancy	<ul style="list-style-type: none"> • With special dietary needs e.g. restricted diets, nutritional deficiencies • BMI> 30
Nutrition Support	<ul style="list-style-type: none"> • Unexplained weight loss, grade 3 pressure ulcers, and high risk of malnutrition (MUST 2+) where the intervention of GP/PN/DN has not helped. • Acute weight loss greater than 10% body weight (or anticipated e.g. malignancy). • Dysphagia • Enteral tube feeding • Parenteral Nutrition
Gastrointestinal	<ul style="list-style-type: none"> • Irritable Bowel Syndrome including FODMAPs advice • Food allergy/intolerance • Diverticular disease • Coeliac Disease • Crohn's Disease • Ulcerative colitis • Low residue /liquid diet advice for stricture • Oesophageal stents • Liver disease • Dumping syndrome • Short bowel
Other	<ul style="list-style-type: none"> • PCOS • COPD • Neutropenia • Gout • Renal stones, Renal advice (e.g. High Potassium) Migraine (Tyrosine, Tryptophan modification)

Service Provision

What to expect:

- First appointment will take about 45-60 minutes and follow up appointments about 20-30 minutes.
- For legal purposes, the dietitian will assume patients have given consent for treatment unless you inform them otherwise.
- Our Dietitians, will aim to help with the presenting complaint and other nutritionally related matters that arise. Ultimately we aim to promote symptoms control through food only. However, on occasions it may be necessary for patients to receive additional supplements. Our Dietitians have no connection with pharmaceutical companies or ulterior motives for requesting prescriptions, other than achieving the expected outcome for our dietary treatment. Your taste preference will steer supplements advised. Such prescribing issues will have been discussed at meetings with your medical practice.
- Dietetic plans will be agreed with the patient in principle. It will be the patients responsibility to carry out what has been agreed, which is predicted to allow them to achieve the expected outcome.
- Dietetic Outcomes will be reported through reviews of the patient, if review has been consented or attended.
- Home visits are available for people who are unwell and physically unable to attend a clinic. The cost of such input will differ from clinic based input and will have been agreed with the referring practice/patient prior to scheduling input.
- If a patient fails to attend an appointment, cancel at short notice or cancel two appointments the patient may have their referral returned back to the GP.
- Dietitians working on behalf of My Diet Professionals as provided by My Health Professionals are individually liable for their professional conduct. Each Professional has been screened to be registered with the Health & Care Professionals code of conduct as well as other professional body. E.g. British Dietetic Association.
- Each Dietitian is responsible and liable to providing only the latest “evidence based “ guidance as part of the dietetic process, abiding to the National Institute of Clinical Excellence guidance for the individuals medical concern.
- **For patients to be seen via state/NHS funding, a local agreement for clinic provision would need to have been discussed prior to sending the referral- If in doubt or to discuss a new local service agreement please call 0800 975 0195 or email request@myhealthpros.co.uk.**

Confidentiality:

All members of the My Diet Professionals team have a legal duty to keep information about our patients confidential. We will not disclose your information to third parties without your permission unless there are exceptional circumstances, such as when the health or safety of others is at risk or where the law requires information to be passed on.

We will only ever use or pass on information about you if others involved in your care have a genuine need for it.

Your health record is a historical record of the treatment you have received and your right to confidentiality will be respected at all times.

All of our electronic records are password encrypted and all written information is kept in lines with the data protection act 1998.

When communicating with permitted health professionals, we will endeavour to use the most secure method of transporting. When posting reports to GP practices, we will use first class Royal mail service with the correspondence marked as private and confidential

