

Barnsley Dietetic Services



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The Structure of Barnsley Dietetic Services:

- Barnsley District Dietetic department split in April 2013 into 3 component parts:

“Community Dietetic Service” employed by SWYPFT – based at the Cudworth Centre. Tel: 01226 438817

“Hospital Dietetic Service” employed by BHNFT, based in the acute hospital, First floor, Blue zone. Tel 01226 432606.

“Tier 3 Change4Life weight management service” based at Kendray Hopsital. Tel 01226 644 364.

Which adult patients to refer?

- Diabetes – newly diagnosed type 1 and 2, existing DM with added complications or additional dietary restrictions e.g. Coeliac disease
- Coeliac disease
- Nutrition Support (food first advice & appropriate prescribing of nutritional supplements where necessary)
- Modified textures
- Home Enteral Feeding (community team only)
- Allergy/food intolerances
- Irritable Bowel Syndrome (IBS)
- Irritable Bowel Disease (IBD) – crohns, colitis, post-gastro-intestinal surgery (ileostomy and colostomy advice)
- Cardiovascular disease – primary or secondary prevention
- Constipation
- Pre- and post natal nutritional care (weight gain/loss/nutritional adequacy of diet)
- Pancreatic malabsorption/chronic pancreatitis/PERT
- Anaemia
- Dyslipidaemia
- Osteoporosis
- Diverticular disease
- Gout
- High potassium
- Vegetarian/vegan
- Food phobias
- Eating disorders
- PCOS
- Menopause
- Arthritis
- Hypertension
- Chronic Fatigue
- Weight Management to **Tier 3 Change4Life service only**

(Referral criteria : BMI above 30 with co-morbidities, BMI above 40 without co-morbidities, clients wanting bariatric surgery , ante-natal – BMI above 30 at first appointment)

Which Paed patients to refer?

(Aged 0-15 years):

- Gastrointestinal disorders
- Food allergy
- Coeliac Disease
- Diabetes
- Faltering growth/nutrition support/Poor appetite (+/- appropriate nutritional supplement prescribing)
- Home Enteral Feeding - **Hospital team only**
- Poor weaning
- Constipation
- Anaemias
- Dyslipidaemia
- Autism
- Food avoidance/selective eating/restricted diet/food refusal
- Weight management (>98th centile) - **Tier 3 Change4Life Service only**

How to refer to Barnsley Dietitians?

1. For Community dietitian GP referrals: use the Community Dietetic Team referral form.

Clinics available: Oaks Park, New Street, Cudworth, Penistone, Athersley, Goldthorpe, Worsborough, Hoyland, Thurnscoe.

2. For the Hospital Dietetic team: GP referrals are ONLY accepted via choose and book.

Dietetic clinics are available at the hospital for pts who wish to choose this location for their appointment.

- General adult clinics available: Tuesdays, Wednesdays & Thursdays
- Diabetes specialist clinics: Mondays, Tuesdays, Wednesdays & Fridays
- Paediatric clinics: Mondays, Tuesdays & Fridays

3. For Weight Management (adults and paediatrics) refer to Tier 3 Change4Life weight management service. Email referrals to swy-tr.C4L@nhs.net

First Line Advice for GPs: Patient dietary info sheets

- Search Food Facts on British Dietetic Association website www.BDA.uk.com
 - <https://www.bda.uk.com/foodfacts/home>
- First line Patient Information ‘fact sheets’ available for adults and children for most dietary conditions on the BDA website.
- See BEST website for referral forms for community dietitians or use choose & book for hospital team

Importance of encouraging pt attendance with Dietitians:

- DNA rates high in dietetics (BHNFT range 10% to 17% DNA rates), despite opt-in system/text reminder services etc.
- Many pts come & do not often understand why they have been referred to see a dietitian
- Audit data shows DNAs often due to misunderstanding of Dietitians role & professional status & lack of knowledge that they will get individualised treatment plans
- **If you refer a pt to the dietitian PLEASE explain to pts why this is and the importance of attending appointments**
- We are formulating a new handout for pts explaining the role of a dietitian for GPs to hand out