



Resident Sticky Label

Dietitian Referral Form

Note:

- Please provide as much information as possible to assist us with triaging this referral
- Start a 3-day Food record for Dietitian to review at the time of the appointment.
- Arrange routine biochemistry if this has not been done recently (eg FBC, renal & electrolytes, albumin, CRP, LFTs, B12/Folate)
- Scan and email referral to: sandra@dietitianz.com

Admission Date/...../ 201.....	Referral Date/...../ 201.....
Reason for referral to dietitian:			
When does resident need to be seen? (circle)	Urgent – within one week Enteral feeds / ↓↓ intake	Within 1-2 weeks	Non-urgent
Alerts (e.g. MRSA / falls)			
Primary Diagnosis:			
Significant Co-morbidities eg Parkinson’s disease, heart disease, CKD etc	Specify:		
Comments re cognitive state?			
Admission weight kg.....	Current Weight kg
Weight in the past 3/12	<input type="checkbox"/> Decreasing	<input type="checkbox"/> Stable	<input type="checkbox"/> Increasing
Mode of feeding	<input type="checkbox"/> Oral intake	<input type="checkbox"/> PEG	<input type="checkbox"/> NG / NJ
Oral intake	<input type="checkbox"/> Eats most of meals	<input type="checkbox"/> Eats 50-75% of meals	<input type="checkbox"/> Eats<50% of meals
Feeding	<input type="checkbox"/> Independent	<input type="checkbox"/> Needs assistance	<input type="checkbox"/> Needs feeding
Texture of Diet	<input type="checkbox"/> Full	<input type="checkbox"/> Soft / Minced & moist	<input type="checkbox"/> Puree
Any swallowing problems?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> SLT input?
Is resident on a nutrition supplement?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	Details:
Special dietary requirements? eg Halal, Vegetarian?			
Additional information / comments :			
.....			
.....			
Print name	Designation	Sign	



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When to refer to Aged Care Dietitians?

A dietitian referral is advised if you have ticked YES for any of the following:

Your resident:

- has lost more than 5% in the past 3 months.
- usually eats less than 75% of meals ([Use the Aged Care Dietitians food chart](#))
- has major food allergies / intolerances, resulting in a limited range of foods eaten (this includes dairy-free diet, gluten-free diet)
- is a vegan / strict vegetarian
- has poorly controlled diabetes
- has difficulty chewing or swallowing foods (we liaise with Speech Language Therapist)
- is at high risk of, or has developed, a pressure injury
- has non-healing wounds or leg ulcers
- has poorly controlled diabetes e.g. frequent hypos or very high blood glucose levels
- has chronic bowel problems e.g. constipation, diarrhoea, nausea or vomiting
- has increased nutritional needs due to hypermetabolic conditions (e.g COPD, Parkinson's Disease)
- has frequent falls (weight loss and loss of muscle are often important contributing factors)
- may require a nutritional supplement or when their Special authority number has expired.
- is on tube feeding (NG feeds, NJ feeds or PEG feeding)

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For further information contact: Sandra van Lill NZRD

email: sandra@dietitianz.com

Mobile: 0274742932 (and leave a message)