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**Sirona care & health - Nutrition and Dietetics referral pathway for adults within BNSSG.**

**(For adults with Diabetes pathway please see:** <https://remedy.bnssg.icb.nhs.uk/adults/diabetes/community-diabetes-specialist-service/>

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| Nutrition Support – including management of Nutritional Deficiencies |
| **STAGE 0** | **STAGE 1** | **STAGE 2** | **STAGE 3** | **STAGE 4** |
| **Common themes throughout pathway** | **Managed/supported in Primary Care.** | **Managed in primary care with advice & guidance (A&G) support from Sirona Nutrition Specialist Service****Email :****sirona.dieteticsadvice@nhs.net** | **Supported by Sirona Nutrition Specialist Services for episodic period of care on caseload (shared care) for assessment, intervention and discharge with management plan****Referrals:** **sirona.dans@nhs.net****Tel: 0300 1245908** | **Supported by Secondary Care Nutrition and Dietetic Services.****Please see Remedy site for more details of other Nutrition and Dietetic services:** [Referral Home (Remedy BNSSG ICB)](https://remedy.bnssg.icb.nhs.uk/) |
| * Patient self-management and self-care
* Self-screening1
* Signposting
* Awareness raising
* Screen using ‘MUST’\*2:
	+ on initial registration at GP surgery
	+ on admission to Sirona caseload
	+ when there is clinical concern
* Monitor weight at annual reviews for long term conditions.

\*Malnutrition Universal Screening Tool | * ‘MUST’ score = 0: Repeat screening annually for at risk groups e.g. COPD, those >75 years of age or based on clinical concern3,4
* ‘MUST’ score = 1 or 2: Implement food first advice5 and consider the use of over the counter (OTC) supplements (e.g. Meritene, Complan, Nurishment, Aymes etc)
* Support all patients with a pressure injury to ensure they are: Maintaining their weight, eating protein foods at each meal, eating 5+ a day, drinking 6-8 cups of fluid/day6
* First line nutrition support for diagnosed nutritional deficiencies7,8
 | * Diagnosed Learning Disability with ‘MUST’= 1
* Diagnosed Learning Disability with restrictive eating and no formal diagnosis of ARFID
* Diagnosed dysphagia9 by Speech and Language Therapy (SaLT) assessment alongside a neurology diagnosis (e.g. MND)
* ‘MUST’ score = 2 with no improvement after a 4 week implementation of food first advice
* Review of suitability of current ONS prescription10
* Pressure injury Grade 3, 4, unstageable or deep tissue AND not healing as expected following nutritional advice6
* Diagnosed Nutritional deficiencies such as Iron deficiency anaemia, Vitamin D and Calcium without improvement following nutritional advice in Primary Care
 | * Diagnosed Learning Disability with ‘MUST’ > 2
* Diagnosed dysphagia by SaLT alongside a neurology diagnosis (e.g. MND) and no improvement after a 4 week implementation of food first advice and first line ONS
* ‘MUST’ score = 2 with no improvement after a 4 week implementation of food first advice and first line ONS
* More than 15% unintentional body weight loss in the last three months
* ‘MUST’ >3
* Pressure injury Grade 3, 4, unstageable or deep tissue – non-healing for >6 weeks following discussion via A&G
 | * Home Enteral Feeding patients are managed by Home Management Services, UHBW
* Patients with eating disorders or disordered eating (refer to Avon and Wiltshire Mental Health Partnership)
* Acute Refeeding Syndrome
* Specialist acute dietetic services are also available for:
	+ Neurology
	+ Oncology
	+ Liver
	+ Renal
 |
| 1 Self-screening <https://www.malnutritionselfscreening.org/> 2 NICE clinical guidance CG32 <https://www.nice.org.uk/Guidance/CG32> 3 BAPEN ‘MUST’ <https://www.bapen.org.uk/pdfs/must/must-full.pdf> 4 BAPEN ‘MUST’ calculator <https://www.bapen.org.uk/screening-and-must/must-calculator> 5 BNSSG Food first advice leaflet <https://remedy.bnssg.icb.nhs.uk/media/3246/food-first.pdf>6 Sirona care & health patient information leaflets (PIL) <http://www.sirona-cic.org.uk/advice-information/leaflet-library/nutrition-and-dietetics> 7 British Dietetic Association food facts <https://www.bda.uk.com/food-health/food-facts/nutrients-food-facts.html> 8 NHS choices <https://www.nhs.uk/live-well/eat-well/> 9 IDDSI Dysphagia resources <https://iddsi.org/resources/> 10 BNSSG formulary for oral nutritional supplements <https://remedy.bnssgccg.nhs.uk/formulary-adult/chapters/9-nutrition-and-blood/95-nutrition/> |

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| Weight ManagementPlease see separate referral pathway for adults with Diabetes: <https://remedy.bnssgccg.nhs.uk/adults/diabetes/community-diabetes-specialist-service/> |
| **STAGE 0** | **STAGE 1** | **STAGE 2** | **STAGE 3** | **STAGE 4** |
| * **Common themes throughout pathway**
 | **Managed/supported in Primary Care.** | **Managed in primary care with advice & guidance (A&G) support from Sirona Nutrition and Dietetic Specialist Service****Email :****sirona.dieteticsadvice@nhs.net** | **Supported by Sirona Nutrition and Dietetic Specialist Services for episodic period of care on caseload (shared care) for assessment, intervention and discharge with management plan****Referrals:** **sirona.dans@nhs.net****Tel: 0300 1245908** | **Supported by Secondary Care Nutrition and Dietetic Services.****Please see Remedy site for more details of other Nutrition and Dietetic services:** [**https://remedy.bnssgccg.nhs.uk/**](https://remedy.bnssgccg.nhs.uk/) |
| * Patient self-management and self-care 1
* Information
* Peer support
* Signposting 2, 3, 4, 5, 6
* Prevention
* Awareness raising
* Care planning
* Monitor weight on registration at GP surgery, at annual reviews for long term conditions, routine health checks and upon clinical concern
 | * Refer to NICE clinical guidance and obesity management pathways 7, 8,9
* See Remedy for local support services10
* NHS England Healthy Living Apps Library 11
 | * See Remedy for local support services10
* NHS digital weight management service 12
* NHS England Healthy Living Apps Library 11
 | * Diagnosed Prader-Willi Syndrome
* Diagnosed Learning disability and BMI ≥35kg/m2, supported by Community Learning Disability Teams and unable to access local weight management support services with reasonable adjustments
 | BNSSG Weight Assessment and Management Service (WAMS) 10 |
| 1. NHS BMI calculator, self-screening and self-management: <https://www.nhs.uk/live-well/healthy-weight/>
2. NHS Live Well website: <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>
3. NHS Weight Management video guide: <https://patientwebinars.co.uk/condition/weight-management/webinars/>
4. British Dietetic Association Food Facts: <https://www.bda.uk.com/food-health/food-facts.html> - includes (as accessed May 2021): Weight loss, Mindful eating, Fad diets, Depression and diet, Food and Mood
5. Easy read resource: <https://www.easyhealth.org.uk/resources/category/152-weight>
6. Sirona care & health accessible weight management resource: <http://www.sirona-cic.org.uk/advice-information/leaflet-library/nutrition-and-dietetics/easy-read/>
7. NICE clinical guidance CG189: <https://www.nice.org.uk/guidance/cg189>
8. NICE pathway; Obesity: maintaining a healthy weight and preventing excess weight gain <https://pathways.nice.org.uk/pathways/obesity/obesity-management-in-adults#content=view-index&path=view%3A/pathways/obesity/obesity-maintaining-a-healthy-weight-and-preventing-excess-weight-gain.xml>
9. NICE pathway; Obesity: identifying and assessing people who are overweight or obese <https://pathways.nice.org.uk/pathways/obesity/obesity-management-in-adults#content=view-index&path=view%3A/pathways/obesity/identifying-and-assessing-people-who-are-overweight-or-obese.xml>
10. Remedy BNSSG referral pathway: weight management: <https://remedy.bnssgccg.nhs.uk/adults/weight-management/>
11. NHS England Healthy Living Apps Library:<https://www.nhs.uk/apps-library/filter/?categories=Healthy%20living>
12. NHS digital weight management service: https://www.england.nhs.uk/digital-weight-management/
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| Gastroenterology – Irritable Bowel Syndrome (IBS) |
| **STAGE 0** | **STAGE 1** | **STAGE 2** | **STAGE 3** | **STAGE 4** |
| **Common themes throughout pathway** | **Managed/supported in Primary Care.** | **Managed in primary care with advice & guidance (A&G) support from Sirona Nutrition and Dietetic Specialist Service****Email :****sirona.dieteticsadvice@nhs.net** | **Supported by Sirona Nutrition and Dietetic Specialist Services for episodic period of care on caseload (shared care) for assessment, intervention and discharge with management plan****Referrals:** **sirona.dans@nhs.net****Tel: 0300 1245908** | **Supported by Secondary Care Nutrition and Dietetic Services.****Please see Remedy site for more details of other Nutrition and Dietetic services:** [**https://remedy.bnssgccg.nhs.uk/**](https://remedy.bnssgccg.nhs.uk/) |
| * Patient self-management and self-care - consider keeping a food and symptom diary 1
* Self-screening 1
* Signposting 2 - 4
* Awareness raising
 | * Patients with IBS should have red flag symptoms excluded and diagnostic tests (bloods) undertaken as per NICE guidance CG615

Assess and advise on diet and lifestyle triggers including regular meal pattern, fibre, fluid, alcohol and caffeine intakes; stress and activity levels and document on EMIS. * Consider VitaMinds referral for 1:1 or group IBS support if stress or anxiety a symptom trigger. For more detail see Remedy guidance 6, 7
* Review of the above as appropriate between primary care and patient.
 | * No improvement in IBS symptoms following diet and lifestyle assessment and review in primary care
 | * Consideration of low FODMAP diet following little / no improvement after diet and lifestyle changes
 | * Specialist acute dietetic services are also available for:
	+ Gastroenterology
	+ Liver
 |
| 1. The IBS Network self-care programme: <https://www.theibsnetwork.org/the-self-care-programme/>
2. NHS Live Well website: <https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/>
3. NHS IBS video guide: <https://healthandcarevideos.uk/gbs?videoId=3540>
4. British Dietetic Association Food Facts: <https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html> - includes (as accessed May 2021): Irritable Bowel Syndrome (IBS) and diet, Fibre, Healthy Eating.
5. NICE clinical guidance CG61: <https://www.nice.org.uk/guidance/cg61/resources/irritable-bowel-syndrome-in-adults-diagnosis-and-management-pdf-975562917829>
6. BNSSG Remedy management pathway for IBS: <https://remedy.bnssgccg.nhs.uk/adults/gastroenterology-and-colorectal-surgery/irritable-bowel-syndrome/>
7. BNSSG Remedy pathway – IAPT services: <https://remedy.bnssgccg.nhs.uk/adults/mental-health/iapt-services/>
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| Gastroenterology - Constipation, Diverticular Disease and Coeliac Disease |
| **STAGE 0** | **STAGE 1** | **STAGE 2** | **STAGE 3** | **STAGE 4** |
| **Common themes throughout pathway** | **Managed/supported in Primary Care.** | **Managed in primary care with advice & guidance (A&G) support from Sirona Nutrition and Dietetic Specialist Service****Email :****sirona.dieteticsadvice@nhs.net** | **Supported by Sirona Nutrition and Dietetic Specialist Services for episodic period of care on caseload (shared care) for assessment, intervention and discharge with management plan****Referrals:** **sirona.dans@nhs.net****Tel: 0300 1245908** | **Supported by Secondary Care Nutrition and Dietetic Services.****Please see Remedy site for more details of other Nutrition and Dietetic services:** [**https://remedy.bnssgccg.nhs.uk/**](https://remedy.bnssgccg.nhs.uk/) |
| * Patient self-management and self-care
* Information
* Peer support
* Signposting 1-4
* Prevention
* Awareness raising
* Care planning
 | See Remedy management and referral pathways and NICE clinical guidance and management pathways 5,6  | * Signposting to local services and resources
* Constipation awareness with a diagnosed Learning Disability
 | Not a caseload pathway within Sirona Nutrition and Dietetic Specialist Services | * Specialist acute dietetic services are available for:
	+ Gastroenterology
	+ Liver
 |
| **Coeliac Disease:**1. Coeliac UK: <https://www.coeliac.org.uk/home/>
2. NHS Live Well website: <https://www.nhs.uk/conditions/coeliac-disease/>
3. NHS coeliac video guide: <https://patientwebinars.co.uk/condition/coeliac-disease/> - includes videos for people newly diagnosed, an annual review for anyone diagnosed over a year ago and shorter videos on specific topics such as a gluten free diet and reading food labels.

5. NICE clinical guidance, quality standard, and management pathway for Coeliac disease: <https://www.nice.org.uk/guidance/conditions-and-diseases/digestive-tract-conditions/coeliac-disease>1. BNSSG Remedy management pathway for Coeliac disease: <https://remedy.bnssgccg.nhs.uk/adults/gastroenterology-and-colorectal-surgery/coeliac-disease/>

**Diverticular Disease:**1. GUTS UK: <https://gutscharity.org.uk/advice-and-information/health-and-lifestyle/>
2. GUTS UK Diverticular Disease booklet: <https://gutscharity.org.uk/wp-content/uploads/2020/08/Diverticular-CMYK-Single-Page-AW-4.pdf>
3. British Dietetic Association Food Facts: <https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html> - includes (as accessed May 2021): Fibre, Healthy Eating, Fruit and Vegetables – how to get five-a-day, Fluid (water and drinks), Probiotics.
4. NHS Live Well website: <https://www.nhs.uk/conditions/diverticular-disease-and-diverticulitis/>
5. NICE clinical guidance, and management pathway for Diverticular disease: <https://www.nice.org.uk/guidance/conditions-and-diseases/digestive-tract-conditions/diverticular-disease>
6. BNSSG Remedy management pathways: <https://remedy.bnssgccg.nhs.uk/>

**Constipation:**1. NHS Live Well website: <https://www.nhs.uk/conditions/constipation/>
2. NHS Constipation video guide: <https://patientwebinars.co.uk/condition/constipation/>
3. British Dietetic Association Food Facts: <https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html> - includes (as accessed May 2021): Fibre, Healthy Eating, Fruit and Vegetables – how to get five-a-day, Fluid (water and drinks), Probiotics.
4. Constipation and people with a learning disability: <https://www.england.nhs.uk/publication/constipation-learning-disability-resources/>
5. NICE clinical guidance, advice, quality standard, and management pathway: <https://www.nice.org.uk/guidance/conditions-and-diseases/digestive-tract-conditions/constipation>
6. BNSSG Remedy management pathway for constipation: <https://remedy.bnssgccg.nhs.uk/adults/gastroenterology-and-colorectal-surgery/constipation-in-adults/>
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| Cardiovascular Disease |
| **STAGE 0** | **STAGE 1** | **STAGE 2** | **STAGE 3** | **STAGE 4** |
| **Common themes throughout pathway** | **Managed/supported in Primary Care.** | **Managed in primary care with advice & guidance (A&G) support from Sirona Nutrition and Dietetic Specialist Service****Email :****sirona.dieteticsadvice@nhs.net** | **Supported by Sirona Nutrition and Dietetic Specialist Services for episodic period of care on caseload (shared care) for assessment, intervention and discharge with management plan****Referrals:** **sirona.dans@nhs.net****Tel: 0300 1245908** | **Supported by Secondary Care Nutrition and Dietetic Services.****Please see Remedy site for more details of other Nutrition and Dietetic services:** [**https://remedy.bnssgccg.nhs.uk/**](https://remedy.bnssgccg.nhs.uk/) |
| * Patient self-management and self-care
* Information
* Peer support
* Signposting 1-6
* Prevention
* Awareness raising
* Care planning
 | Diet, lifestyle and statin therapy 7, 8 | * Signposting to local services and resources
 | Not a caseload pathway within Sirona Nutrition Specialist Services | See Remedy management and referral pathways8 |
| 1. NHS Eat well <https://www.nhs.uk/live-well/eat-well/>
2. NHS Cardiovascular Disease: <https://www.nhs.uk/conditions/cardiovascular-disease/>
3. Heart UK - the cholesterol charity <https://www.heartuk.org.uk/>
4. Heart UK – Ultimate Cholesterol Lowering Plan: <https://www.heartuk.org.uk/downloads/health-professionals/publications/uclp-consumer-booklet---17oct---lr---100dpi.pdf>
5. British Heart Foundation: <https://www.bhf.org.uk/>
6. British Dietetic Association Food Facts: <https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html> - includes (as accessed May 2021): Hypertension and Diet, Cholesterol, Healthy Eating, Fibre, Salt, Stanols and Sterols, Heart Health.
7. NICE clinical guidance CG181: <https://www.nice.org.uk/guidance/cg181>
8. BNSSG Remedy management pathway for hyperlipidaemia: <https://remedy.bnssgccg.nhs.uk/adults/biochemistry/hyperlipidaemia/>
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# Sirona care & health - Diabetes and Nutrition Services referral pathway for adults with diabetes (Diabetes Specialist Nurses and Dietitians)

All children referred to Children’s Hospital. Please see separate Foot Care Pathway for diabetes-related foot issues: <https://remedy.bnssgccg.nhs.uk/adults/podiatry/community-podiatry-services/>

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| **STAGE 0** | **STAGE 1** | **STAGE 2** | **STAGE 3** | **STAGE 4** |
| **Common themes throughout pathway** | **Managed/supported in primary care** | **Managed in primary care with advice & guidance (A&G) and support from Sirona Diabetes Specialist Service.****A&G line: 0300 1245908 (0800-1700, Mon-Fri)****Email advice:** **sirona.diabetesadvice@nhs.net****Virtual clinics within Primary care/ Integrated Network teams – contact service to arrange** | **Supported by Sirona Diabetes Specialist Service ( inc: Specialist Nurses and Dietitians) for episodic period of care on caseload (shared care) for assessment, intervention and discharge with management plan****Referrals:** **sirona.dans@nhs.net****Tel: 0300 1245908** | **Supported by Secondary Care Diabetes Specialist Services or other relevant pathways– please see diabetes section on Remedy site for referral pathways:** [**https://remedy.bnssgccg.nhs.uk/**](https://remedy.bnssgccg.nhs.uk/) |
| * Patient self-management and self-care
* Patient Structured Education programmes (DSE), encouragement for all people with diabetes to access DSE as 1st line to support self-care/management. Further information on programmes available can be found at - <https://www.sirona-cic.org.uk/nhsservices/services/diabetes-structured-education/>
* Information
* Signposting
* Prevention
* Awareness raising
* Care planning
* Retinal screening
 | * Stable micro/macrovascular complications, no planned/further intervention/investigation
* Stable renal function
* BP within target range and on optimal treatment
* Lipids within target range
* Optimal glycaemic control on lifestyle +/- oral or injectable HAs (any combination at non-maximal doses)
* Initiation of OHA and GLP1 injectable medications
* Supply and instruction in use of blood glucose meter where indicated
* Personalised targets agreed and documented
* Attends for annual reviews
* Offered Diabetes Structured Education
* Lifestyle and behaviour change support by suitably trained clinician
* Initiation of insulin in type 2 diabetes if trained and competent clinician
 | * Symptoms of hyper /hypoglycaemia, including those due to other medications such as steroids
* Deteriorating glycaemic control – HbA1c > 58mmol/mol and/or rise in HbA1c 11mmol/mol in 6 months from any baseline – on maximal OHAs/ injectable
* Initiated or change in insulin and glycaemia still not at optimal levels despite support
* Discharged as an in-patient within past month following admission for acute complications of diabetes
* Patient request or clinical indication for extra self-management and educational support
* Advice required around support to optimise BP or lipid control – medications and/or dietary management
* Advice for self-management of nutritional strategies ie modified carbohydrate, VLCD to achieve goals including remission
* People with learning disabilities and insulin not achieving optimal control
* Support for clinicians new to initiating insulin in type 2 diabetes
* People with dementia and insulin not achieving optimal control
* Advice and guidance around supporting with possible diabetes distress
 | * Referral for Diabetes Structured Education Programmes for both Type 1 and Type 2 Diabetes
* Acute recurrent/problematic hyperglycaemia/hypoglycaemia, including recurrent admission for acute complications of diabetes (Hypo/DKA/HHS)
* HbA1c > 86mmol/mol HbA1c > 86mmol/mol on maximal tolerated glycaemic therapy
* Supporting practices to initiate insulin in type 2 diabetes by training and supporting team members.
* Palliative care requiring further support to manage diabetes at EOL
* Patients with type 1 diabetes requiring further support with carb counting, following attendance at Food Freedom Diabetes Structured Education programme.
* Requires referral to specialist dietitian for specialist nutritional advice eg, VLCD, modified carbohydrate such as low carb/ketogenic
 | * Urgent - suspected newly diagnosed type 1 diabetes Osmotic symptoms, weight loss and ketonaemia (same day referral)
* Uncertain classification of diabetes
* Type 1 hypoglycaemic unawareness or recurrent/unexplained hypoglycaemia with consideration of Continuous Glucose Monitoring
* Consideration of use of therapies beyond licensed indications
* Type 1 diabetes, by exception in lower tiers to ensure patient access to diabetes services ( including technology assessments e.g. CGM/Flash Libre)
* Considering or on insulin pump therapy
* Pre pregnancy counselling
* Pregnancy (referral on first contact)
* Diabetes complicated by other endocrine/medical disease
* Diabetes and eating disorders
* Gastroparesis
* Complex type 2 diabetes, especially <40yrs, not achieving goals despite support from PC or community diabetes specialist team
* Diabetes and renal dialysis
 |
| **Type 1 Diabetes:*** My Type 1 Diabetes website - <https://www.mytype1diabetes.nhs.uk/>
* Type 1 resources website - <https://www.t1resources.uk/home/>
* Diabetes UK website - <https://www.diabetes.org.uk/>
* Diabetes UK information in different languages - <https://www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages>
* NICE Guidance - <https://www.nice.org.uk/guidance/ng17>
* TREND Diabetes website - <https://trenddiabetes.online/>

**Type 2 Diabetes:*** NHSE Healthy Living with Type 2 Diabetes programme ( alternative offer to Sirona face to face structured education) - <https://healthyliving.nhs.uk/>
* Diabetes UK website - <https://www.diabetes.org.uk/>
* Diabetes UK information in different languages - <https://www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages>
* NICE Guidance - <https://www.nice.org.uk/guidance/ng28>
* TREND Diabetes website - <https://trenddiabetes.online/>
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