



Dietetic Clinic

Introduction

This clinic is run by the dietitian and is part of the Nutrition Service. The clinic is for children and young adults for whom there are dietary or nutritional concerns. Similarly, all individuals fed by a gastrostomy or naso-gastric tube are reviewed in this clinic once a year to ensure their intake is nutritionally adequate.

About the clinic

Who can attend this clinic?

Children and young adults under the age of 19 (at the time of referral). For Adults over the age of 19 funding will need to be agreed.

Why choose to come to a Dietetic Clinic?

There are many reasons why to come and below are some that you many benefit from:

- If you are concerned you may be under or overweight
- If you are concerned you are lacking certain nutrients in your diet
- If you have gastrointestinal problems are not tolerating your diet or feeds
- If you are finding it difficult to have your feed routine managed
- If you are having problems with your feeding equipment

Who can refer me to the clinic?

You will need a referral from your consultant or nurse.

Routine Referral

At each clinic there are two slots reserved for routine referrals. These tend to be booked in advance for annual reviews of individuals who are tube fed.

Urgent Referral

For individuals who need to see the dietician more quickly, there are two clinic spaces kept for urgent referrals which are usually kept free until two weeks before the appointment date, when they may be filled to prevent long waiting lists.

How often are the clinics?

The clinic runs on a regular weekly basis throughout the school term.

About the appointment

How long is the appointment?

The appointment time is 40 minutes per individual. If siblings are also referred we will always try to book a double appointment for your convenience.

Who will I meet?

- Senior Paediatric – Dietician & Lead Clinician
- Specialist Nurse Practitioner – Nutrition & Enteral Feeding

Where will the appointment be?

In the Out Patient Clinic at Chailey Clinical Services. When you arrive our receptionist will check that we have your correct details and show you where to wait for your appointment. The clinic nurse will meet you and take you to the clinic room.

What do I need to bring to the clinic?

It would be useful if you can bring your Child Health Record if available.

For individuals who eat and drink:

Before the clinic you'll be sent a 3 day food diary which we'd like you to complete as accurately as possible. This will help us see if your diet contains the right amounts of all of the nutrients required for growth and development.

For individuals who are tube fed:

You'll be sent a Pre-Clinic checklist to fill in which will provide essential information about your feed, equipment, and your tolerance to the feed. If you eat and drink as well, you may also be sent a 3 day food diary.





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NB: Both the 3 Day Food Diary and Pre-Clinic Checklist will need to be returned at least 1 week before the appointment date in order for the information to be processed and calculations made. A prepaid envelope will be provided, addressed directly to the dietician to speed up this process.

What will happen during the appointment?

Discussions will focus on your current diet and you'll have the opportunity to talk about any concerns you may have. A carer, mealtime assistant or anyone else you would like to be there is also welcome to attend too. The dietitian will also look at your growth and body composition measurements may be taken.

Nutritional advice will be given taking into account:

- your diagnosis
- your current medical condition
- growth
- 3-day food diary results
- any concerns you may have

What will happen after the clinic?

After the clinic a report will be sent to you, your paediatrician, GP, nurse and any others in your team who are directly involved in ensuring your good nutrition.

From this clinic, referrals may be made to other services.

For individuals who are tube fed:

All arrangements associated with your feed delivery company and GP prescription will be taken care of after the clinic by the dietician.



We'll also liaise with the local dietician and other health professionals involved in your care.

We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the clinic secretary on:

 **Phone:**
01825 722112

 **Fax:**
01825 724719

 **Email:** sc-tr.enquirieschcs@nhs.net

Or visit our website:
www.sussexcommunity.nhs.uk/chailey