

# REFERRAL PROCESS FOR NUTRITION AND DIETETICS IN THE CARE HOME SETTING

## ASSESSMENT

Referrals are accepted based on the following:

- Following MUST 2 or above when all attempts on fortifying and improving food and fluid intake have been exhausted and there is continued weight loss
- If anyone is admitted to the care home on any type of nutritional supplement from hospital or community.

## ACTION

Home completes the referral form with five days food and fluid chart and faxes/emails or posts it to the Nutrition and Dietetic Department based in Kettering (contact details below).

## TREATMENT

- Dietitian telephones the home; can take up to 20 working days upon receipt of the referral
- Discussion with relevant staff member
- Nutritional advice given and treatment plan agreed
- Letter sent to the GP
- Meal plan and copy of letter sent to the care home.

## REVIEW

- Care Home implement nutritional care plan with on-going review
- Care homes to contact Dietetics for a review if the aims of the plan are not met
- Updated weights with food and fluid charts faxed to the Dietitian to review patients on nutritional supplements as advised by the dietitian.

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DIFFERENCE  
FOR YOU,  
WITH YOU**