Please attach 3 day food record charts & complete each section in full.

Referrals sent without this information will be rejected and returned

**Please email referral form & food record charts to** **nhsh.commumitydieteticssm@nhs.scot**

|  |  |
| --- | --- |
| **Resident’s Name:** |  |
| **Resident’s DOB and/or CHI:** |  |
| **Care Home Name & Address:** |  |
| **Care Home Tel:** |  |
| **Email for communications:** |  |

|  |  |
| --- | --- |
| **Name of person referring:** |  |
| **Referrer’s job title:** |  |
| **Date referral made:** |  |

|  |
| --- |
| **Reason for referral to Dietetics (if weight loss, please describe recent events or triggers such as infection, falls, TIA’s etc):** |
|  |
| **Please provide details of current dining experience, e.g. *prefers to eat in room, eats half of meals, uses a teaspoon, requires assistance, finger food, etc.*** |
|  |
| **Social History:** |
|  |
| **Resident’s GP Name & Surgery:** |  |
| **GP Tel no:** |  |
| **PMH:** |  |
| **Medication:** |  |
| **Name & Contact details for Next of Kin / Carer / POA:** |  |
| **Patient Consent:** | **Verbal ❑ Implied ❑ Incapacity ❑** |
| **Speech & Language Therapy Involvement due to swallowing issues/texture modification:** **Yes ❑ No ❑** |
| **Texture Level:** |  |
| **Are you using ‘Swallowing Matters’?** |  |
| **Stress and Distress effecting dietary intake?** |  |
| **Stress and Distress Team involved?** |  |
| **Pressure sore and skin integrity?** |  |
| **Tissue Viability Team involved?** |  |
| **Hospital admission within last 3 months – please provide details:** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Weight history** (must include 3 months weight history) | **Date:** | **Date:** | **Date:** |
| **Weight:** |  |  |  |
| **Height:** |  |  |  |
| **BMI:** |  |  |  |
| **MUST Score:** |  |  |  |

|  |
| --- |
| **Please give details of what you are already doing to improve nutritional intake?** **For what length of time?** |
|  |

|  |
| --- |
| **Nutritional supplements prescribed by GP or provided on discharge to** **care home – please provide details:** |
|  |
| **Current state of health, i.e. stable, deteriorating, palliative?** |
|  |
| **Palliative Care Team involved?** |  |

**Please note that any further requests for Dietetic input (review) require referral back to our service using this form and 3 days of food record charts.**

**Signposting to training and materials which support best practice standards for Food, Fluid and Nutritional Care.**

**On Line Training:**

**SSSC Open Badges: Nutrition in Care Settings – MUST (on line)**

 **Nutrition in Care Settings – Food Fortification (on line)**

**TURAS: ‘Food Fluid and Nutritional Care in Care Homes’ (bookable)**

**On line resources:**

**Eating Well: Supporting older people and older people with dementia – practical guide, published by the Caroline Walker Trust, available at** [**www.cwt.org.uk/publications**](http://www.cwt.org.uk/publications)

**Care Inspectorate – Developing a Care Service’s Food, Fluid and Nutrition Care Policy** [**https://www.careinspectorate.com/images/documents/7509/Developing%20a%20care%20services%20food,%20fluid%20and%20nutritional%20care%20policy.pdf**](https://www.careinspectorate.com/images/documents/7509/Developing%20a%20care%20services%20food%2C%20fluid%20and%20nutritional%20care%20policy.pdf)

**Care Inspectorate – Eating and Drinking Well in Care: Good Practice Guidance for Older People** [**https://hub.careinspectorate.com/media/1493/eating-and-drinking-well-in-care-good-practice-guidance-for-older-people.pdf**](https://hub.careinspectorate.com/media/1493/eating-and-drinking-well-in-care-good-practice-guidance-for-older-people.pdf)

**Food First Approach -** [**https://www.bapen.org.uk/education/nutrition-support/nutrition-by-mouth/food-first-food-enrichment/**](https://www.bapen.org.uk/education/nutrition-support/nutrition-by-mouth/food-first-food-enrichment/)

**Palliative Care Guidelines –** [**https://hub.careinspectorate.com/media/1575/palliative-and-end-of-life-care-trigger-tool-for-improvement.pdf**](https://hub.careinspectorate.com/media/1575/palliative-and-end-of-life-care-trigger-tool-for-improvement.pdf)

**Stress and Distress in Dementia -** [**https://rightdecisions.scot.nhs.uk/tam-treatments-and-medicines-nhs-highland/therapeutic-guidelines/mental-health/dementia-guidelines/stress-and-distress-in-dementia-guidelines/**](https://rightdecisions.scot.nhs.uk/tam-treatments-and-medicines-nhs-highland/therapeutic-guidelines/mental-health/dementia-guidelines/stress-and-distress-in-dementia-guidelines/)

**Swallowing Matters -** [**www.nhshighland.scot.nhs.uk/media/04lfjn0n/swallowing-matters.pdf**](http://www.nhshighland.scot.nhs.uk/media/04lfjn0n/swallowing-matters.pdf)

|  |
| --- |
| **If there are any concerns about swallowing, please look at Swallowing Matters or refer to Speech and Language Therapy (SLT).** **For all referrals and general enquiries or to request a copy of Swallowing Matters, please email:** **nhsh.sltadultnhshnorth@nhs.scot** |