

Dietetics – Outpatient/Community Prioritisation (Adults only) Te Whatu Ora, Te Tai o Poutini West Coast

Priority	Client Type / Presentation / Diagnosis	Response Time
<p><b>P1 - High</b></p> <p><i>Patients deemed <b>High Clinical Risk</b> and/or will have a <b>high level of benefit</b> from Dietetics intervention</i></p>	<p><b>P1: Patients that are at risk of serious harm or risk of hospital admission without the immediate involvement of Dietetics</b></p> <ul style="list-style-type: none"> <li>Parenteral (PN) Nutrition (IV nutrition) (in conjunction with Christchurch Dietitians)</li> <li>Enteral feeding and/or transitional feeding (new and existing community patients)</li> <li>Newly diagnosed Type 1 Diabetes</li> <li>Nutrition in pregnancy including GDM, hyperemesis, previous bariatric surgery, body mass index (BMI) of 18.5 kg/m<sup>2</sup> or less, triplet pregnancy or greater than 12 weeks gestation with on-going poor oral intake</li> <li>High output ileostomy (&gt;1L/day) for more than five days</li> <li>Inflammatory bowel disease (IBD) for exclusive enteral nutrition (EEN)</li> <li>Referrals prioritised as P2 who have not been assessed within 60 days</li> </ul>	<p>Within <b>14 days</b> of receiving a referral</p>
<p><b>P2 – Medium</b></p> <p><i>Patients deemed <b>Moderate Clinical Risk</b> and/or will have a <b>high level of benefit</b> from Dietetics intervention</i></p>	<p><b>P2: Patients who require intervention to improve functional or health outcomes</b></p> <ul style="list-style-type: none"> <li>Malnutrition as defined by:                             <ul style="list-style-type: none"> <li>Unintentional weight loss &gt;10% in last 3-6 months</li> <li>BMI &lt; 18.5</li> <li>BMI &lt; 20 and unintentional weight loss &gt;5% in the last 3-6 months</li> </ul> </li> <li>Inflammatory bowel disease (IBD) with unintentional weight loss* with or without nutrient deficiencies</li> <li>Type 2 Diabetes starting on insulin</li> <li>Severe liver disease with unintentional weight loss* or requiring high protein, low sodium education</li> <li>Eating disorders (diagnosed as per DSM criteria) with clear nutritional goal (Specialist Mental Health referrals only)</li> <li>Coeliac disease - newly diagnosed post gastroscopy or blood test (TTG)</li> <li>Cancer with unintentional weight loss* and/or nausea, vomiting, mucositis, xerostomia (dry mouth), diarrhoea or dysphagia. Diagnosis of head &amp; neck, pancreatic, lung, gastrointestinal, liver cancer</li> <li>Chronic kidney disease with potassium greater than 6 mmol/L and trending higher</li> <li>Motor neurone disease with unintentional weight loss* and/or dysphagia</li> <li>Nutrition support pre and post transplantation</li> <li>Nutrition support pre and post bariatric surgery</li> <li>Referrals prioritised as P3 who have not been assessed after 120 days.</li> </ul>	<p>Within <b>60 days</b> of receiving a referral</p>

<p><b>P3 – Low</b></p> <p><i>Patients deemed <b>Low clinical Risk</b> and/or will <b>benefit</b> from Dietetics intervention</i></p>	<p><b>P3: Patients who require a self-management plan/ intervention to maintain functional or health outcomes</b></p> <ul style="list-style-type: none"> <li>• Irritable bowel syndrome (diagnosed) with diarrhoea, or alternating diarrhoea and constipation and negative coeliac serology</li> <li>• Diverticular disease</li> <li>• Non-healing chronic wounds with or without malnutrition</li> <li>• Stage 3 or stage 4 pressure injuries</li> <li>• Weight reduction to be eligible for surgery (must include current weight, goal weight for surgery and expected date of surgery)</li> </ul>	<p>Within <b>120 days</b> of receiving a referral</p>
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\* unintentional weight loss defined as 5 to 10% in past 3 to 6 months

Appointments will be offered in the Hokitika, Greymouth, Reefton or Westport clinics in the first instance. Community visits, phone or telehealth appointments can be organised where the patient is unable to attend a clinic (outpatient) appointment in person.

#### Exclusion Criteria

- Undiagnosed food allergy or food intolerance
- Bowel complaints with no investigations e.g. constipation or diarrhoea (use Healthinfo resources)
- Hyperlipidaemia or dyslipidaemia (can attend the Cardiac programme or refer to PHO dietitians)
- Healthy eating advice & general adult nutrition (use Healthinfo resources)
- Gout
- Weight reduction
- Type 2 diabetes or pre-diabetes (refer to PHO dietitians)

Note: Not an exhaustive list