



Community Dietitians in Waitemata DHB

Community dietitians provide advice on nutrition to improve people's health and lifestyle.

Community dietitians accept referrals from:

- patients who are 16 years and over
- other health professionals including your GP or specialist; or
- you can self refer.

Listed below are some health issues where dietetic advice may be helpful to general wellbeing and overall health:

- **Bowel problems** – A dietitian can provide advice for the nutritional management of ostomies, constipation, diarrhoea and colitis.
- **Swallowing problems** – Dietitians work with speech language therapists to improve a patient's nutrition when a swallowing problem has been identified.
- **Unintentional weight loss** – Dietitians can provide advice on improving weight gain following a trauma, illness, taste changes or health treatment.
- **Enteral feeding** – Dietitians are qualified to provide enteral feeding advice and are able to prescribe nutrition supplements to ensure that patients have the appropriate nutrition intake to meet their needs. Enteral nutritional support is sometimes required for people who are at risk of malnutrition.
- **Poor appetite** – Dietitians can advise on foods and fluids to include in a daily meal plan to assist food and fluid intake.
- **Wound healing** – Good nutrition is important for wound healing. A dietitian can review what is eaten by a patient over a day to ensure there is adequate nutrition intake to help wounds heal.
- **General nutrition advice** – If a patient is unsure about their nutrition requirements in relation to their illness or poor health, a dietitian can review their meal plan and discuss appropriate food choices.

Dietitian:

Date:

Contact No:

NOTE: The community dietitian service is a Waitemata DHB funded service that will provide nutrition advice in a patient's home or other community based setting.

Issued by	PCL Dietetics	Issued Date	August 2015	Classification	I7 4101-03-001
Authorised by	HoD Allied Health	Review Period	36mths	Page	Page 1 of 1

This information is correct at date of issue. Always check in the relevant Waitemata DHB policy manual that this copy is the most recent version.