

Referrals to Nutrition and Dietetic Led Outpatient Clinics

Nutrition and Dietetics run a number of dietetic led outpatient clinics for the management of complex nutrition issues. Referrals are accepted from services across Monash Health:

- Medical [GP referrals will not be accepted]
- Nursing [Clinical Nurse Consultants]
- Allied Health [e.g. Speech Pathology, Physiotherapy, Social Workers]

General Dietetics – Monash Medical Centre (Adult Patients)

- Feeding difficulties related to patient with a tracheostomy
- New diagnosis oncology [high risk e.g. UGI, head and neck, lung]
- Patients at risk of admission due to nutrition related issue e.g. nutrition impact symptoms related to cancer treatment or chronic disease [and patient not due to attend within a week a Dietetic serviced OP Clinic/Chemotherapy Day Unit/Clinical Trials]
- Chronic malabsorption
- Texture modified [aspiration risk] requiring nutrition supplementation
- End stage Renal Failure, GFR < 15
- Complex Crohns disease
- Acute Hyperemesis and weight loss >5%
- High output stoma [problematic high output ileostomy/colostomy]
- Chronic Liver Disease

Home Enteral Nutrition (HEN) – Monash Medical Centre (Adult HEN), Dandenong Hospital (Adult and Paediatric HEN) and Monash Children's Hospital (Paediatric HEN)

- HEN – ongoing assessment and review
- Patient requiring assessment for feeding tube replacement or removal
- Transfer of adult HEN patient from another health service

Maternity and Paediatrics (Casey Hospital)

- Acute Hyperemesis and weight loss >5%
- Interim feeding clinic (joint clinic with speech pathologist) for nasogastric tube weaning and oral aversion
- Failure to thrive (pre-term - 12 months) prior to long term community dietetic follow-up

For the following conditions we recommend referral to your local Community Health Service:

- Weight management (adult) including morbid obesity
- General maternity
- Diabetes Type 1 or Type 11 OR Impaired Glucose Intolerance
- Multiple/complex food allergies and/or multiple/complex food intolerances
- Healthy eating, healthy heart [dyslipidaemia] or general nutrition advice e.g. constipation, impaired renal function
- Vegetarian or vegan diets
- Clients requiring in reach nutrition assessment and management

For Paediatric nutrition referrals please refer to [Monash Children's Hospital Dietetic Clinics referral criteria](#).

What to bring

Every time you come

- Medicare card

For a clinic appointment

- Your appointment letter

Any special items listed on your letter