

# When to refer to a Dietitian?

It is important for aged care staff and health professionals to recognise and identify the key times to refer to a Dietitian. Nutrition is essential for every aspect of health and wellbeing.

The sooner these signs are noticed, the sooner a referral can be made, the better the outcome will be for the resident.

## REFER TO A DIETITIAN UNINTENTIONAL CHANGES IN WEIGHT

### Unintentional Weight **loss**

- 2kg or more in 1 month
- 3kg or more over 3 months (Progressive)

### Unintentional Weight **gain**

- 2kg or more in 1 month
- 3kg or more over 3 months (Progressive)

send referrals to

## IF YOU NOTICE ANY OF THE SIGNS BELOW, PLEASE IMMEDIATELY REFER TO A DIETITIAN FOR AN ASSESSMENT

- Following a positive COVID result
- BMI <23kg/m<sup>2</sup>
- Malnutrition / Chronic cachexia
- Wounds or infections
- Poor oral intake
- Acute CVA
- Enteral Feeding (e.g. PEG)
- Uncontrolled BGL or recent Diabetes diagnosis
- Ongoing symptoms nausea, vomiting, diarrhoea, constipation
- Underlying renal/liver failure
- Stage 2-4 Pressure Injury
- Prolonged periods of unintentional fasting
- Supplement review for residents poorly tolerating supplements
- Blood test results that are out of reference range (eg. Electrolytes, iron, vitamins etc.)
- At risk of malnutrition or malnourished – MNA 0-7 Malnourished or MNA 8-11 “At Risk”

## OUR DIETITIANS ARE HERE TO HELP

Call (03) 9560 1844 or email [dietitian@oscarcaregroup.com.au](mailto:dietitian@oscarcaregroup.com.au)