

Pediatric Nutrition Counselling

Dietitian Referral Form

Patient Name:	DOB:	OFFICE USE ONLY
Preferred Name (if applicable):	Pronouns:	Date Received:
PHN/MRN#:F	hysician:	
Address:	Email:	Date Triaged:
Phone: Parent/Guard	an Name:	Booking Priority:
Preferred Language: \Box English \Box Other (please spe	cify)	
Reason for Referral Please select type of referral and check all applicable concerns. For conditions not listed see reverse for referral options.		
Community (NSS/PFSS) Dietitian Provides home-based dietitian services for children with Developmental Disabilities.	☐ Outpatient Dietitian Provides weight inclusive care for ambulatory clients	
 ☐ Home Tube Feeds ☐ Complex feeding/swallowing ☐ Sensory issues with eating ☐ Growth faltering ☐ Other: 	 □ Sensory issues with eating □ Vegan/vegetarian □ Food Allergies □ Multiple/Complex □ Single □ Elimination diet for 	☐ Gastrointestinal Disease ☐ Constipation ☐ Irritable Bowel Syndrome ☐ Inflammatory Bowel Disease ☐ Celiac Disease ☐ Vitamin/Mineral Deficiencies ☐ Disordered Eating ☐ Insulin Resistance ☐ Impaired Glucose Tolerance/Fasting ☐ PCOS ☐ Dyslipidemia ☐ Hypertension ☐ Healthy Eating Habits
Fax Referrals to: Island Wide: (250) 519-6918 nssintake@islandhealth.ca	Cowichan: 250-709-3018	Comox Valley: 250-331-5980 Campbell River: 250-286-7103 Tri-Ports: 250-902-6072
Further Details (medical history/diagnosis, tube feeding details, medications, and comments):		
Height: Weight: Medications: \square	Second Generation Antipsychotics	☐ Stimulants ☐ Other:
Please Attach: Growth Chart	☐ Consult Letter	☐ Relevant Test results
Referral Source (name & designation): Date:		
Date of Appointment:		

Nutrition services provides weight inclusive care emphasizing health outcomes. We do not offer weight loss advice or calorie-restricted meal plans.

Currently extended wait times for:

- Basic Allergies and Intolerances
- Constipation
- Healthy Eating
- Picky Eating
- Vegetarian/Vegan diets

Consider referring the patient to one of the following services:

- 811 Healthlink BC
 - o To speak to a Registered Dietitian **Dial 811**
- Private Dietitian Counselling
 - BC Dietitians www.bcdietitians.ca
 - o Dietitians of Canada www.dietitians.ca

Other Nutrition Services Available

Regional Eating Disorders Program

For more information about the Eating Disorder services and referral forms for your region:

https://www.islandhealth.ca/our-services/mental-healthsubstance-use-services/eating-disorders-services Ambulatory individual consultation for confirmed or suspected eating disorders:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant Restrictive Food Intake Disorder
- Other Specified Feeding & Eating Disorder

Requires GP/NP/Pediatrician referral

Generation Health Clinic

For more information and to sign up: www.generationhealth.ca Family-centered healthy living programs for children and teens. Offers two healthy living program options:

Generation Health Clinic (formerly Shapedown BC)

- GP/NP referral required
- Ages 6 to 17
- BMI for age greater than 97th percentile, or BMI for age between 85-97th percentile with certain medical conditions present.

Generation Health Community

- Available by family self-referral
- Ages 8 to 12 years old
- 10 week chronic disease prevention program
- Sessions offered both in person and online

Children, Youth and Family Rehabilitation Services – Pediatric Feeding and Swallowing Services

For more information:

https://www.islandhealth.ca/our-services/children-youth-rehabilitation-services/pediatric-feeding-swallowing-clinic

Provides non-acute, specialized team based approach to assessment, education, nutrition support and feeding services to infants and children with complex feeding and swallowing concerns.

Requires GP/NP referral

Canadian Celiac Association - Newly Diagnosed Pathway Program

For more information:

https://www.celiac.ca/newlydiagnosed/

Provides 3 months of education on the gluten-free diet, what to eat, what not to eat, avoiding cross contamination, navigating family, restaurants, travel and affordability. Includes 6 months of emails, webinars and support.

Available by self-referral.