

What is a dietitian and how can they help me?

A dietitian is a regulated health professional (registered with the HCPC) who:

- helps promote nutritional well-being, treat disease and prevent nutrition-related problems
- provides practical, safe advice based on scientific evidence
- treats a wide range of medical conditions with dietary therapy, specifically tailored to each individual
- holds the only legally recognised graduate qualification in Nutrition & Dietetics in the UK
- is regulated by law and governed by an ethical code to ensure that they always work to the highest standard
- can provide you with information and motivation to help you achieve your nutritional goals.

You can see a dietitian if you have been diagnosed with a medical condition or have concerns about any of the following:

- Diabetes
- Obesity
- Mental Health
- Oncology (cancer)
- Unintentional weight loss
- Food allergy and intolerance
- Gastroenterology(digestive system)
- Heart and thoracic (chest)
- Renal (kidneys)
- General Health/nutritional issues

Please return your completed form to:

Department of Nutrition and Dietetics, Western Isles Hospital, Macaulay Road,
Stornoway, Isle of Lewis HS1 2AF
or email to wi-hb.Dietetics@nhs.net

Further help and information

Dietetics Department, Western Isles Hospital, MacAulay Road,
Stornoway, Isle of Lewis, HS1 2AF. Telephone 01851 708279
Email: wi-hb.Dietetics@nhs.net

Version: 1
Disclaimer

Review Date: January 2019

Produced by: Dietetics Dept, WIH.

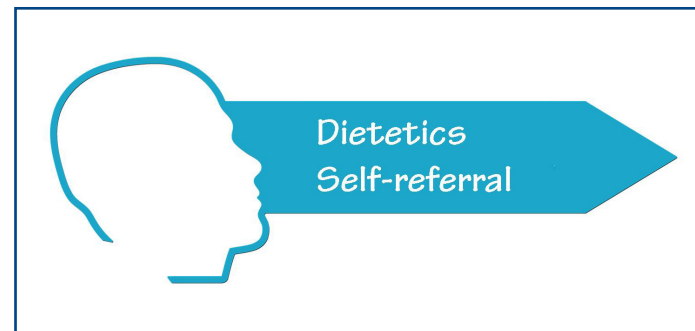
The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you interpret any of this information, or in applying the information to your individual needs.

Bòrd SSN nan Eilean Siar
NHS Western Isles



NHS
Eileanan Siar
Western Isles

Department of Nutrition and Dietetics Self-Referral Form



This Self Referral form allows you to refer yourself to a dietitian without having to see your GP first. Please complete the form on the reverse of this sheet as fully as possible.

How long will it take?

Once we receive your referral we will check the form and place you on our waiting list. We will then send you out an appointment to be seen by a dietitian. We would usually see you within eight weeks of referral but at times of high demand you may have to wait longer, which may be anything up to 18 weeks. However, urgent cases will be given priority.

Patients referred from Lewis and Harris will be offered an appointment at the Western Isles Hospital or a telephone consultation. Patients in Uist or Barra will be offered a video or telephone consultation as appropriate.

If your problem requires urgent attention, is severe or is worsening, please seek more urgent medical attention by telephoning your GP, or freephone NHS 24, tel. 111.

Date:/...../.....

Name:

Date of Birth:/...../.....

Address:

.....

.....

Postcode:

Occupation:

Contact Numbers:

Home Work Mobile

GP Practice:

Estimated Weight:

Estimated Height:

Please outline below the reasons you are requesting a referral:

Please list your existing medical conditions below:

Please list your current medication below:

Please advise if there are any dates you are unavailable for an appointment:

Would you accept a short notice (less than 1 week) appointment?

Yes No

Have you had any recent unintentional weight loss?

Yes No Don't know

Signature: _____ **Date:** _____

Please note:

- We will contact your GP to confirm diagnosis and provide feedback following our consultation in line with professional guidelines.
- You will be added to our waiting list. Waiting times vary and may be up to 18 weeks.