

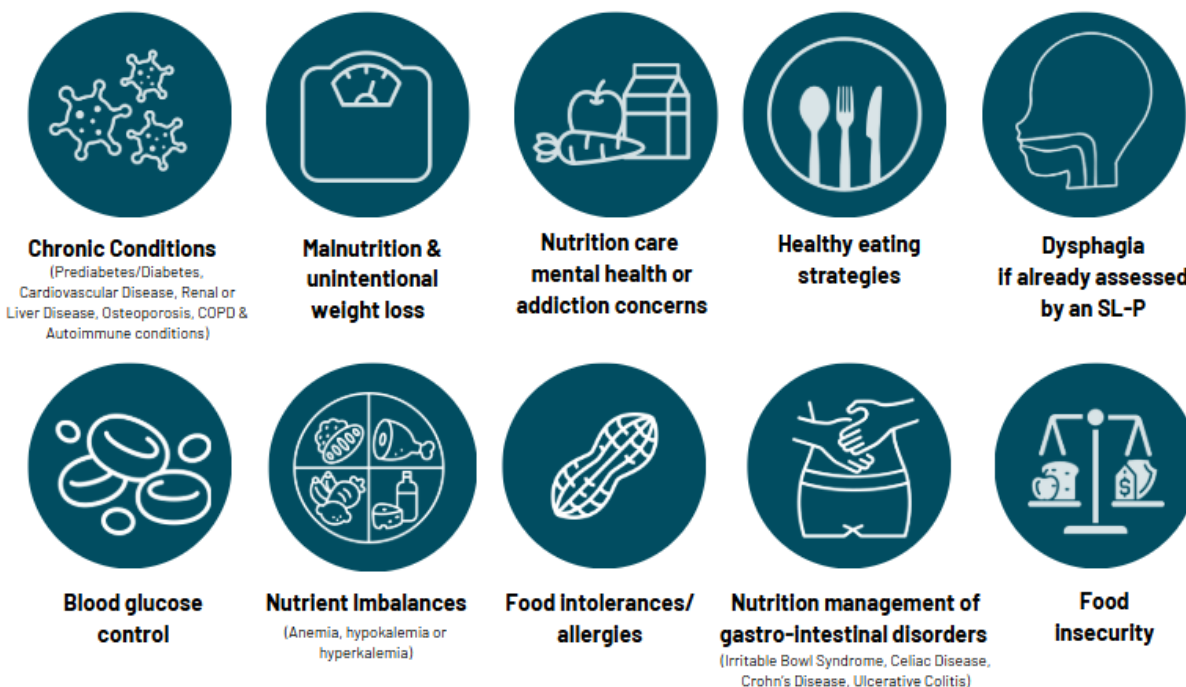
Referral Guide: Registered Dietitian

What they do, how they can help with your patients

Summary:

Primary Care Network (PCN) Registered Dietitians provide nutrition care services for health promotion and disease prevention by using a weight inclusive approach to promote health and prevent disordered eating. They also tailor medical nutrition therapy to support patients and their families/caregivers in managing chronic diseases and improving health outcomes. In collaboration with the interdisciplinary team, dietitians apply health promotion strategies aimed at improving eating habits and addressing nutritional needs, while considering values, priorities and challenges.

PCN Registered Dietitians provide support to address a wide range of concerns including:



The Types of Support and Services Include:

- Medical nutrition therapy/condition specific support
- Symptom management strategies
- Healthy eating strategies
- Self-management support
- Coaching and Motivational Interviewing
- Linkage to community resources
- One to one appointments or group sessions
- Self-monitoring of blood glucose education for the mild to moderate diabetes. See table below.

VANCOUVER PRIMARY CARE NETWORKS

When to Refer to PCN Registered Dietitian vs. Vancouver Diabetes Education Centre

MILD to MODERATE Criteria	COMPLEX/ADVANCED Criteria
• Pre-diabetes (A1C 6.0 - 6.4%, IFG 6.1 - 6.9 mmol/L, IGT 7.8 - 11.0 mmol/L) • Type 2 diabetes newly diagnosed and pre-existing^{1,2} A1C < 8.6% • GLP1-RA • Basal insulin starts and adjustments with Provider's orders	• Type 1 diabetes • Type 2 diabetes A1C ≥ 8.6% • Complex co-morbidities, examples include: ○ Dialysis ○ Gastroparesis ○ Active chemotherapy • Pediatric populations (<18 years old) • Pre-conception planning (pre-diabetes, Type 1 and 2) • Gestational diabetes • DKA or HHS • Recurrent Hypoglycemia • Steroid-induced Hyperglycemia • Insulin pumps • Patient needing more than basal insulin

¹- Patient not exhibiting symptomatic hyperglycemia and/or decompensation

²— Provider deems healthy lifestyle changes ± pharmacological therapy initiation or advancement can help achieve patient's glucose target in the next 3-6 months

PCN Registered Dietitian Exclusion Criteria:

- Enteral Nutrition (refer to Home Health Dietitian)
- Dysphagia Diet Management without a formal swallowing assessment (eg, S-LP assessment)
- Ileostomy (refer to Home Health Dietitian)
- Client is eligible for services through a specialist clinic or program (e.g. VGH Kidney Clinic; Diabetes Clinic)
- Weight loss counselling
- Undergoing active cancer treatment (refer to BC Cancer Agency or Inspire Health)