

# Outpatient Renal Nutrition Referral

For patients with kidney disease



Health  
South Eastern Sydney  
Local Health District

## Referring Health Professionals

- All Dietitian referrals are to be ordered via email, fax or mail; [SESLHD-TSH-Dietitians@health.nsw.gov.au](mailto:SESLHD-TSH-Dietitians@health.nsw.gov.au); Fax number 9540 7717; Renal Dietitian Allied Health Department, The Sutherland Hospital
- For urgent matters please also page #735 or call the Department on Ext 32685
- Document reason for referral in the clinical notes

Patient Name: \_\_\_\_\_

MRN: \_\_\_\_\_

DOB: \_\_\_\_\_

## Referral reason:

- Unintentional weight loss
- Proteinuria > 3 months
- Hyperkalaemia
- Risk of Refeeding
- CKD Stages 4 – 5
- Fluid overload
- Hyperphosphataemia
- Indicators of poor nutrition (i.e hypokalaemia, hypoglycaemia, hypophosphataemia)
- Presence of > 2 nutrition related symptoms
  - Taste aversion
  - Early Satiety
  - Nausea
  - Constipation
  - Diarrhoea
  - Anorexia
- Weight management requiring optifast
- PD Peritonitis
- OTHER: \_\_\_\_\_

Name of Referrer:

Designation:

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## Referral Screening by Nutrition Department

Goal - referral prioritised within 72 hours



Criteria	Priority 1 Within 2 weeks of referral	Priority 2 Within 4 weeks of referral
Age > 18 years	Unintentional dry weight loss of: >5% in 1 month or >10% in 6 months	Fluid overload
CKD stages 3b – 5 (eGFR < 45ml/min)	Hyperkalaemia – serum potassium persistently (> 3 events) >5.8 mmol/L	Hyperphosphatemia – serum phosphorous persistently >1.8 mmol/L
Non-dialysis patients - Under the care of Dr Parthasarathy at Sutherland Hospital	Risk of refeeding	Indicators of poor nutritional intake i.e. persistent: <ul style="list-style-type: none"> <li>▪ hypokalaemia (&lt;3.5mmol/L)</li> <li>▪ hypoglycaemia</li> <li>▪ hypophosphatemia (&lt;0.8mmol/L)</li> </ul>
Peritoneal dialysis – reside in The Sutherland Hospital LHD		Presence of ≥ 2 nutrition-related symptoms i.e. <ul style="list-style-type: none"> <li>▪ taste aversion</li> <li>▪ early satiety</li> <li>▪ constipation</li> <li>▪ diarrhoea</li> <li>▪ Anorexia</li> <li>▪ Nausea</li> </ul>
		<ul style="list-style-type: none"> <li>▪ Unintentional weight loss of 5-10% within the past 6 months</li> <li>▪ Weight management requiring Optifast +/- bariatric surgery</li> </ul>
		Proteinuria
		PD Peritonitis