

## NUTRITION REFERRALS TO THE DURHAM COUNTY HEALTH DEPARTMENT

Procedures for making nutrition referrals are:

- Mail or fax nutrition referral form to the Health Department. For faxed referrals, the original referral must follow by mail.
- **Referrals need to be completed by the primary or specialty care provider including:**
  - ✓ Reason for referral;
  - ✓ ICD-9-CM code to the highest level of specificity that supports medical necessity of the nutrition intervention;
  - ✓ Orders for nutrition service: and
  - ✓ Provider signature
- Upon receipt of the referral, clients will be contacted by the Nutrition Division to schedule a nutrition visit at the Health Department or at the client's home.
- After the nutrition visit, the nutritionist will send a summary of the nutrition encounter to the referring provider.
- Subsequent nutrition visits will be scheduled as needed by the nutritionist and client.
- Fees for nutrition services are based on a sliding scale fee. Medicaid covers medical nutrition therapy for children less than 21 years of age and for women with high-risk pregnancies. Medicare Part B and Health Choice may cover certain nutrition services.

The Nutrition Division is staffed with licensed dietitians/nutritionists who specialize in nutrition care for children with special needs, general pediatrics, obstetrics, chronic disease, HIV/AIDS and geriatrics.

For more information or questions call the Nutrition Division at 560-7791 or Michele Easterling, Clinical Nutrition Team Leader at 560-7784.

### **Examples of conditions which may indicate a need for nutrition assessment and/or counseling:**

- ✓ Inappropriate growth/weight loss/gain *such as* inadequate weight gain, inappropriate weight loss, underweight, excessive weight gain, overweight/obesity, inadequate linear growth or short stature, failure to thrive
- ✓ Nutritional anemia
- ✓ Eating or feeding problems, including eating disorders, failure to thrive
- ✓ Physical conditions which impact on growth and feeding *such as* very low birth weight, necrotizing enterocolitis, cleft palate, cerebral palsy and neural tube defects
- ✓ Chronic or prolonged infections that have a nutritional component *such as* HIV, hepatitis
- ✓ Genetic conditions that impact on growth and feeding *such as* cystic fibrosis, Prader-Willi Syndrome, Down Syndrome
- ✓ Chronic medical conditions *such as* cancer, chronic or congenital cardiac disease, hypertension, hyperlipidemia, gastrointestinal diseases, liver disease, malabsorption syndromes, renal disease, significant food allergies and diseases of the immune system
- ✓ Metabolic Syndrome/Type 2 diabetes
- ✓ Pregnancy, with any of the above diagnoses and/or one or more of the following conditions:
  - Severe anemia
  - Preconceptionally underweight
  - Inadequate weight gain during pregnancy
  - Obesity
  - Intrauterine growth retardation
  - Multiple fetuses
  - Substance abuse