

Nutrition and Food Services
UCSF Medical Center
Outpatient Nutrition Services

Which patients should be referred to Nutrition Counseling Clinic?

The table below shows the most common reasons for referrals to the Nutrition Counseling Clinic. **Note:** If your clinic has a dietitian on-site (see list on page 1), this dietitian will provide nutrition care and nutrition educational materials for your clinic patients.

<i>Condition</i>	<i>Protocol for Nutrition Therapy</i>
FTT; Unintentional weight loss of >10% in 6 month period	Nutrition counseling focused on increasing calorie and nutrient intake.
Suspected inadequate diet due to poor appetite, dysphagia, or other medical condition.	Nutrition counseling focused on increasing calorie and nutrient intake.
Obesity	Individualized weight management plan, consider referral to a UCSF weight management program.
Diabetes	Individualized meal plan; refer to Diabetes Teaching Center.
Need for parenteral or enteral feeding	Refer to UCSF Home Care or other home care provider.
Lipid disorders	Consultation about saturated fat, cholesterol, calorie intake, activity.
Gastrointestinal disorders	Evaluation of diet quality, food intolerances, individualized guidelines for food selection and meal planning.
Hypertension, CHF	Evaluation of current diet, principles of low sodium diet, individualized plan for calorie level to achieve or maintain desirable weight goals.
End stage liver disease	Calculate and counsel on individualized protein, energy and nutrient intake for growth
End stage renal disease	Refer to RD in dialysis unit or to Nutrition Counseling Clinic if not on dialysis. Calculate and counsel on individualized protein, energy and nutrient intake, and fluid restriction to maintain body weight and lean body mass, and manage uremic symptoms.
Other conditions as determined by the clinic provider.	Individualized nutrition care plan to achieve desired outcomes depending on patient's needs.