**Description of Service**

The Dietetic and Nutrition outpatient services at Flinders Medical Centre (FMC) and Noarlunga Hospital (NH) are predominately internal hospital referrals received from various SALHN departments and specialist units. These clinics provide nutritional assessment and treatment for infants, children and adults following inpatient admissions and also for acute and/or complex conditions. Outpatient services are provided either as a face to face or phone consult at Flinders Medical Centre (FMC) and Noarlunga Hospital (NH).

Intermediate Care Services (ICS) is a multidisciplinary community based service that aims to prevent hospital presentations and support earlier discharge. Referrals are received from General Practitioners or internal SALHN departments. Dietetic services are provided for adults and children at high risk of admission due to a nutrition related issue (eg. malnutrition, unstable bowel condition) and those with chronic disease including Diabetes, Obesity and Respiratory Disease. ICS Dietitians provide dietetic assessment and management to facilitate nutrition, behaviour and lifestyle change to enable individuals to remain well in the community. Dietetic services can be provided within home based settings or within our GP Plus Health Care Centres in Marion, Noarlunga and Aldinga.

### FMC & NH Dietetic Outpatient Services

#### Services Provided
- Allergy/Intolerances
- Chronic Renal Failure
- Diabetes, including Gestational
- Eating Disorders
- Faltering Growth
- Gastrointestinal disorders
- Liver Failure
- Malnutrition
- Neurological conditions
- Nutrient deficiencies
- Nutritional assessment & support

#### Services Not Provided
- Constipation
- Fussy eating
- Healthy eating advice
- Hyperlipidaemia, Hypertension
- Overweight/Obesity
- Poor diet
- Stable Type 2 Diabetes

### Intermediate Care Dietetic Services

#### Services Provided
- Obesity (BMI >35)
- Malnutrition (MUST score ≥2)
- Type 1 and 2 Diabetes in adults
- Gastroenterology e.g. Severe IBS, Inflammatory Bowel Disease, newly diagnosed Coeliac
- Nutrition assessment and support for patients at risk of admission due to a nutrition related issue

#### Services Not Provided
- Paediatric general fussy eating in absence of growth concerns/diagnosed deficiency
- Diabetes in pregnancy (FMC)
- Diabetes in children and adolescents <15 years
- Hyperlipidaemia or HT

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**For Appointments contact**

Flinders Medical Centre & Noarlunga Hospital
Ph: (08) 82044302  Fax: (08) 8204 4570/email Health:FMC Dietitian Referrals

Intermediate Care Services (ICS) Intake
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