Central Adelaide Local Health Network (CALHN)

**Endocrine**

Outpatient service information, triage and referral guidelines

### Description of service:

The objective of patients visiting the endocrine outpatients is for the assessment and opinion/advice regarding key clinical issues.

### Services provided:

- Outpatient clinic consultations for diagnosis and management
- Inpatient consultations
- Inpatient admissions

### Exclusions:

- Paediatrics
- Obesity where there is no suspected underlying endocrine condition

### For admission or *URGENT* advice contact the Endocrine Registrar or the on call medical registrar if after hours via switchboard on:

- Royal Adelaide Hospital (RAH) Ph: (08) 7074 0000
- The Queen Elizabeth Hospital (TQEH) Ph: (08) 8222 6000

*Alternatively, if the problem is urgent and the patient is unstable, the patient should be sent directly to the Emergency Department of the nearest hospital for assessment.*

### For more information or to make a referral contact

- Royal Adelaide Hospital (RAH) Fax: (08) 7074 6247 Ph: 1300 153 853
- The Queen Elizabeth Hospital (TQEH) Fax: (08) 8222 7188 Ph: 8222 7020 / 8222 7030

### Essential Referral Content

**Demographic**

- Date of birth
- Contact details (including mobile phone)
- Referring GP details
- Interpreter requirements
- Medicare number

**Clinical**

- Reason for referral
- Duration of symptoms
- Relevant pathology and imaging reports
- Past medical history
- Current medications
## Adult Triage Criteria for referral

<table>
<thead>
<tr>
<th>Emergency</th>
<th>Category 1</th>
<th>Category 2</th>
<th>Category 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>All urgent cases must be discussed with the on call registrar.</td>
<td>Target within 4 weeks</td>
<td>Target within 3 months</td>
<td>Target 6-12 months</td>
</tr>
<tr>
<td>&gt; Addisonian crisis</td>
<td>&gt; Symptomatic hypoparathyroidism</td>
<td>&gt; Pituitary dysfunction</td>
<td>&gt; Osteoporosis and metabolic bone disease</td>
</tr>
<tr>
<td></td>
<td>&gt; Symptomatic hypercalcaemia (e.g. serum calcium &gt;3.0mmol/l)</td>
<td>&gt; Adrenal dysfunction (e.g. crushing's)</td>
<td>&gt; Paget’s disease</td>
</tr>
<tr>
<td></td>
<td>&gt; Symptomatic hypocalcaemia</td>
<td>&gt; Hyperthyroidism not associated with significant compromise</td>
<td>&gt; Hirsuitism</td>
</tr>
<tr>
<td></td>
<td>&gt; Severe hypo or hyperthyroidism</td>
<td>&gt; Endocrine hypertension</td>
<td>&gt; Hypogonadism</td>
</tr>
<tr>
<td></td>
<td>&gt; Pituitary tumours especially macroadenomas or if hyper secreting or associated hypopituitarism or visual compromise.</td>
<td>&gt; Hyperprolactinaemia</td>
<td>&gt; Goitre without airway compromise.</td>
</tr>
<tr>
<td></td>
<td>&gt; Suspected diabetes insipidus</td>
<td></td>
<td>Do not usually need to see a specialist unless there are atypical features</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>&gt; Uncomplicated hypothyroidism</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>&gt; Fatigue (except where endocrinopathy suspected).</td>
</tr>
</tbody>
</table>

---

**For more information or to make a referral**

Royal Adelaide Hospital: OPD Level 3 & 5  
Referral Fax Number: (08) 7074 6247  
Phone Number: 1300 153 853

The Queen Elizabeth Hospital: Ground floor, area 1 & 3  
Referral Fax Number: (08) 8222 7244  
Phone Number: (08) 8222 7010

Web: [www.sahealth.gov.au](http://www.sahealth.gov.au)