

NUTRITION REFERRALS
Durham County Department of Public Health
Nutrition Clinic

Procedures for making nutrition referrals are:

- Mail or fax nutrition referral form to the Durham County Department of Public Health, Nutrition Clinic. Referrals can be made by anyone, however, referrals for nutrition counseling for medical conditions such as diabetes, hypertension, etc. need to be completed and signed by the primary medical care provider. If signature of medical care provider is not available, name and contact number for provider must be given and referral form must be signed by patient.
- Upon receipt of the referral, clients will be contacted by the Nutrition Division to schedule a nutrition visit at the Nutrition Clinic 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, Medicare Part B, BC/BS, Duke Select and other insurances may be billed for certain nutrition services.

The Nutrition Division is staffed with licensed dietitians/nutritionists who specialize in nutrition care for pediatrics; obstetrics; and adults. For more information or questions call the Nutrition Clinic at 560-7791 or Rachael Elledge, Clinical Nutrition Program Manager 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.
- ✓ Low hemoglobin/hemocrit
- ✓ Elevated lead level (≥ 15 mg/dl)
- ✓ Eating or feeding problems, including eating disorders
- ✓ Chronic constipation
- ✓ Physical conditions which impact growth and feeding such as very low birth weight, cleft palate, cerebral palsy and neural tube defects
- ✓ Chronic or prolonged infections that have a nutritional component *such as* HIV, hepatitis.
- ✓ Chronic medical conditions *such as* cancer, chronic or congenital cardiac disease, diabetes mellitus, hypertension, hyperlipidemia, gastrointestinal diseases, liver disease, malabsorption syndromes, pulmonary disease, renal disease, food allergies.
- ✓ Pregnancy, especially with the following conditions:
 - Severe anemia
 - Preconceptionally underweight or overweight
 - Inadequate weight gain during pregnancy
 - Multiple fetuses
- ✓ Other- including parent/caregiver requests nutrition visit.