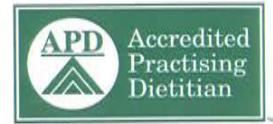


# Improving patient outcomes through Medical Nutrition Therapy

Accredited Practising Dietitians (APDs) are the experts in food and nutrition. They can advise your patients on the specific nutritional management of many health conditions. APDs translate scientific nutrition information into personalised, practical dietary advice. Nutrition intervention can considerably improve patient outcomes. Nutritional management should be reviewed by an APD periodically.



▶ Find an APD. Visit [www.daa.asn.au](http://www.daa.asn.au) or telephone 1800 812 942.

DIAGNOSIS/CONDITION	INDICATIONS FOR REFERRAL		BENEFITS OF INVOLVING AN APD
All	<ul style="list-style-type: none"> <li>• New diagnosis requiring dietary modification</li> <li>• Change in clinical markers or medication</li> </ul>	<ul style="list-style-type: none"> <li>• Undesirable weight change</li> <li>• Not meeting nutrition needs</li> <li>• Requiring periodic dietary review</li> </ul>	<ul style="list-style-type: none"> <li>• Better understanding of dietary management</li> <li>• Improved dietary intake</li> <li>• Improved clinical outcome</li> </ul>
Anaemia	<ul style="list-style-type: none"> <li>• New diagnosis</li> <li>• Poor dietary intake</li> </ul>	<ul style="list-style-type: none"> <li>• Symptoms persisting</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status</li> <li>• Improved blood biochemistry</li> </ul>
Asthma	<ul style="list-style-type: none"> <li>• Chronic corticosteroid use</li> </ul>	<ul style="list-style-type: none"> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Improved body weight (BMI*)</li> </ul>
Cancer	<ul style="list-style-type: none"> <li>• Loss of appetite</li> <li>• Poor dietary intake</li> </ul>	<ul style="list-style-type: none"> <li>• Taste changes associated with treatment</li> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status</li> <li>• Improved body weight (BMI*)</li> </ul>
Chronic fatigue syndrome	<ul style="list-style-type: none"> <li>• Food intolerance</li> <li>• Poor dietary intake</li> </ul>	<ul style="list-style-type: none"> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status</li> <li>• Improved body weight (BMI*)</li> </ul>
Chronic obstructive pulmonary disease	<ul style="list-style-type: none"> <li>• Poor appetite</li> <li>• Poor dietary intake</li> </ul>	<ul style="list-style-type: none"> <li>• Undesirable weight change</li> <li>• BMI* &lt;20</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status</li> <li>• Improved body weight (BMI*)</li> </ul>
Coeliac disease	<ul style="list-style-type: none"> <li>• New diagnosis</li> <li>• Poor understanding of nutritional management</li> <li>• Abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>• Diarrhoea</li> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Treatment of symptoms</li> <li>• Improved nutritional status</li> <li>• Normal or improved bowel habits</li> <li>• Improved body weight (BMI*)</li> </ul>
Congestive cardiac failure	<ul style="list-style-type: none"> <li>• Poor appetite</li> <li>• Fluid retention</li> </ul>	<ul style="list-style-type: none"> <li>• BMI* &lt;20 or &gt;25</li> </ul>	<ul style="list-style-type: none"> <li>• Improved cardiac function</li> <li>• Improved body weight (BMI*)</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>• Recurring</li> </ul>		<ul style="list-style-type: none"> <li>• Normal or improved bowel habits</li> </ul>
Coronary heart disease	<ul style="list-style-type: none"> <li>• New diagnosis</li> </ul>	<ul style="list-style-type: none"> <li>• Poor understanding of nutritional management</li> </ul>	<ul style="list-style-type: none"> <li>• Improved cardiac function</li> <li>• Reduced risk of infarction</li> </ul>
Depression	<ul style="list-style-type: none"> <li>• Poor appetite</li> <li>• Inadequate dietary intake</li> <li>• Binge eating</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional eating</li> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status</li> <li>• Improved body weight (BMI*)</li> </ul>
Diabetes	<ul style="list-style-type: none"> <li>• New diagnosis – type 1, type 2, gestational</li> <li>• Unstable BGLs</li> <li>• Elevated HbA1c</li> <li>• Frequent hypoglycaemia</li> </ul>	<ul style="list-style-type: none"> <li>• Poor understanding of nutritional management</li> <li>• Changes to medication prescribed, including commencing insulin</li> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Improved BGL control</li> <li>• Improved HbA1c levels</li> <li>• Reduced risk of complications</li> <li>• Improved body weight (BMI*)</li> </ul>
Diarrhoea	<ul style="list-style-type: none"> <li>• Recurring</li> </ul>		<ul style="list-style-type: none"> <li>• Normal or improved bowel habits</li> </ul>
Disability - physical or mental	<ul style="list-style-type: none"> <li>• BMI* &lt;20 or &gt;25</li> <li>• Poor dietary intake</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty chewing, swallowing or feeding self</li> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status</li> <li>• Improved body weight (BMI*)</li> </ul>
Diverticulosis/diverticulitis	<ul style="list-style-type: none"> <li>• New diagnosis</li> <li>• Abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>• Constipation</li> </ul>	<ul style="list-style-type: none"> <li>• Normal or improved bowel habits</li> <li>• Minimised abdominal discomfort</li> </ul>
Eating disorders	<ul style="list-style-type: none"> <li>• Poor dietary intake including restrictive dieting</li> <li>• Bingeing</li> </ul>	<ul style="list-style-type: none"> <li>• Purging, laxative abuse or excessive exercise</li> <li>• Weight change or overly concerned with weight</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status</li> <li>• Improved body weight (BMI*)</li> <li>• Improved body image and self esteem</li> <li>• Improved eating behaviour</li> </ul> <p>Note: Should only be implemented with psychological counselling and support.</p>
Food allergy or intolerance	<ul style="list-style-type: none"> <li>• New diagnosis or suspected intolerance</li> <li>• Poor understanding of nutritional management</li> </ul>	<ul style="list-style-type: none"> <li>• Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>• Dietary therapy essential to management</li> <li>• Management of symptoms</li> <li>• Improved nutritional status</li> </ul>

DIAGNOSIS/CONDITION	INDICATIONS FOR REFERRAL	BENEFITS OF INVOLVING AN APD
Gastro-oesophageal reflux	<ul style="list-style-type: none"> <li>New diagnosis</li> </ul>	<ul style="list-style-type: none"> <li>Minimised discomfort</li> </ul>
HIV positive	<ul style="list-style-type: none"> <li>Loss of appetite</li> <li>Poor dietary intake</li> <li>Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>Improved nutritional status</li> <li>Improved body weight (BMI*)</li> </ul>
Hyperlipidaemia/dyslipidaemia	<ul style="list-style-type: none"> <li>Prior to or in combination with statin therapy</li> <li>Elevated TC, LDL-C, TG</li> <li>Low HDL-C</li> <li>Poor understanding of nutritional management</li> </ul>	<ul style="list-style-type: none"> <li>Improved blood lipid levels</li> <li>Improved body weight (BMI*)</li> </ul>
Hypertension	<ul style="list-style-type: none"> <li>Elevated systolic and or diastolic blood pressure BMI*&gt;25</li> </ul>	<ul style="list-style-type: none"> <li>Normal or improved blood pressure</li> <li>Improved body weight (BMI*)</li> </ul>
Inflammatory bowel disease (Crohn's disease, ulcerative colitis)	<ul style="list-style-type: none"> <li>New diagnosis</li> <li>Weight loss</li> <li>Poor understanding of nutritional management</li> </ul>	<ul style="list-style-type: none"> <li>Normal or improved bowel habits</li> <li>Minimised abdominal discomfort</li> <li>Improved nutritional status</li> <li>Improved body weight (BMI*)</li> </ul>
Insulin resistance or impaired glucose tolerance	<ul style="list-style-type: none"> <li>BMI*&gt;25</li> <li>Elevated insulin levels</li> <li>Symptomatic hypoglycaemia</li> </ul>	<ul style="list-style-type: none"> <li>Improved insulin levels</li> <li>Reduced risk of developing diabetes</li> <li>Improved body weight (BMI*)</li> </ul>
Irritable bowel syndrome	<ul style="list-style-type: none"> <li>Abdominal pain</li> <li>Constipation</li> <li>Diarrhoea</li> <li>Nausea</li> <li>Bloating</li> </ul>	<ul style="list-style-type: none"> <li>Normal or improved bowel habits</li> <li>Minimised abdominal discomfort</li> </ul>
Liver disease	<ul style="list-style-type: none"> <li>Poor appetite</li> <li>Ascites</li> <li>Encephalopathy</li> <li>Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>Improved nutritional status</li> <li>Improved body weight (BMI*)</li> </ul>
Mental illness – severe or psychotic forms (such as schizophrenia, schizoaffective disorder, bipolar affective disorder)	<ul style="list-style-type: none"> <li>Undesirable weight change</li> <li>Prescription of psychotropic medications (including, but not exclusively, clozapine or olanzapine)</li> <li>Elevated BGLs, insulin or lipid levels</li> <li>Poor nutritional intake or difficulties obtaining adequate nutrition</li> <li>Gastrointestinal symptoms (GORD, constipation)</li> <li>Increased appetite and/or reduced satiety</li> </ul>	<ul style="list-style-type: none"> <li>Improved body weight (BMI*)</li> <li>Improved BGLs, insulin and lipid levels</li> <li>Reduced risk of heart disease and diabetes</li> <li>Improved nutritional status</li> <li>Reduced gastrointestinal symptoms</li> <li>Improved management of appetite</li> </ul>
Metabolic syndrome	<ul style="list-style-type: none"> <li>Elevated BGLs</li> <li>Elevated blood pressure</li> <li>Elevated lipids</li> <li>BMI*&gt;25</li> </ul>	<ul style="list-style-type: none"> <li>Improved BGLs</li> <li>Improved blood pressure</li> <li>Improved blood lipid levels</li> <li>Improved body weight (BMI*)</li> </ul>
Multiple sclerosis/motor neurone disease	<ul style="list-style-type: none"> <li>Swallowing difficulties</li> <li>Constipation</li> <li>Poor dietary intake</li> <li>Difficulty feeding self</li> <li>Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>Improved nutritional status</li> <li>Improved bowel habits</li> <li>Improved body weight (BMI*)</li> </ul>
Obesity	<ul style="list-style-type: none"> <li>BMI*&gt;30 and medical complication</li> <li>Child or adolescent</li> </ul>	<ul style="list-style-type: none"> <li>Weight loss</li> <li>Understanding nutritional needs</li> <li>Support and motivation to make dietary changes</li> <li>Improved medical condition</li> </ul>
Osteoporosis	<ul style="list-style-type: none"> <li>New diagnosis</li> </ul>	<ul style="list-style-type: none"> <li>Reduce disease progression</li> </ul>
Parkinson's disease	<ul style="list-style-type: none"> <li>Swallowing difficulties</li> <li>Constipation</li> <li>Prescription of levodopa</li> <li>Poor dietary intake</li> <li>Difficulty feeding self</li> <li>Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>Improved nutritional status</li> <li>Improved bowel habits</li> <li>Maximise effect of levodopa</li> <li>Improved body weight (BMI*)</li> </ul>
Polycystic ovarian syndrome	<ul style="list-style-type: none"> <li>BMI*&gt;25</li> <li>Elevated insulin levels</li> </ul>	<ul style="list-style-type: none"> <li>Improved body weight (BMI*)</li> <li>Improved insulin levels</li> </ul>
Pregnancy	<ul style="list-style-type: none"> <li>Poor dietary intake</li> <li>Morning sickness</li> <li>Overweight or underweight</li> <li>Excess or inadequate weight gain</li> <li>Gestational diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Improved nutritional status</li> <li>Appropriate weight gain</li> <li>Optimised glycaemic control, with nutritional adequacy</li> </ul>
Renal disease	<ul style="list-style-type: none"> <li>Chronic kidney disease with eGFR &lt;60mL/min</li> <li>Newly commenced dialysis therapy</li> <li>Elevated potassium or phosphate levels</li> <li>Fluid retention</li> <li>Undesirable weight change</li> </ul>	<ul style="list-style-type: none"> <li>Normal or improved biochemistry</li> <li>Improved nutritional status</li> <li>Improved body weight (BMI*)</li> </ul>

\*Body Mass Index (BMI) = weight(kg)/height(m)<sup>2</sup>