

Outpatient Pediatric Nutrition Referral Form

Please complete all the information below and FAX: 519 749 4206

Patient's Name	Date of birth (Y/M/D)	Health Card Number & VC
Caregivers first name(s):		
Preferred phone number(s):	Address:	
Email(s):		
Patient History		
Medical History *Please attach child's growth chart if applicable		
Relevant Medications		
Relevant Bloodwork		
UPDATED REFERRAL CRITERIA		
<p>* Please note, our referral criteria has changed and only limited, high nutrition risk referral criteria will be accepted. All other referrals (including obesity with/without metabolic syndrome, dyslipidemia, hypertension, picky/restrictive eating without impaired growth, etc) should access community resources. Children with ASD/sensory concerns with selective eating AND growth faltering/nutrition deficits should be referred to an OT prior to nutrition counselling. See list on page 2 for community support suggestions.</p>		
Referral Criteria		
<input type="checkbox"/> Medically complex diagnosis with nutrition implications (e.g. tube feeds, congenital heart disease, ex-premature infant, trisomy 21 with feeding difficulties)		
<input type="checkbox"/> Poor intake/picky eating/feeding aversions/difficulty transitioning to age appropriate foods or textures with nutrition deficits (e.g. failure to thrive/impaired growth, iron deficiency anemia, other nutrient deficiencies)		
<input type="checkbox"/> Eating Disorder not being followed at CMHA (Canadian Mental Health Association). Should also explore therapy options		
<input type="checkbox"/> Specific GI/Digestive disease (e.g. celiac disease, cow's milk protein colitis). Does not include general abdominal pain or constipation		
<input type="checkbox"/> Food Allergies with nutrition deficits (e.g. impaired growth, iron deficiency anemia, other nutrient deficiencies)		
<input type="checkbox"/> Iron deficiency anemia		
Referring Physician/Nurse Practitioner:		
Family Physician (if different from above):		
Date of Referral(Y/M/D):		

Pediatric Nutrition Resources for Residents of Waterloo Region

Nutrition Problem	Resource
General nutrition	<ul style="list-style-type: none"> Alberta Health Services has some excellent nutrition resources you can access for families on their website: https://www.albertahealthservices.ca/nutrition/page11115.aspx . Resources include ways to increase calories and protein, increase fibre, iron deficiency, decrease sodium, manage high cholesterol/triglycerides, etc
Obesity	<ul style="list-style-type: none"> https://healthconnectontario.health.gov.on.ca or call 811 to connect to a Registered Dietitian virtually Private Practice Dietitian (see below table)
'Typical' picky eating	<ul style="list-style-type: none"> https://healthconnectontario.health.gov.on.ca or call 811 to connect to a Registered Dietitian virtually For self-management information and tools go to the website: www.unlockfood.ca www.blueprintnutrition.ca has some excellent free resources (blog posts, articles, resources) to help parents who are struggling to feed their children Private Practice Dietitian (see below table)
Food selectivity/problem eating/ feeding aversions	<ul style="list-style-type: none"> Caregivers of children aged 4+ years with severely restrictive eating and food refusal (and at least two of the following: poor appetite/lack of interest in foods, poor growth, dependency on nutrition supplements, nutrition deficiencies, texture aversions that impact growth and limited food intake (eating 10-15 foods or less) can join a free, 3 session, virtual workshop with a Registered Dietitian and Occupational Therapist through WRHN's Eating Disorder Program. Parents can sign up at email: edparentgroup@wrhn.ca KidsAbility- Parents/service providers can refer- see website for referral form or call KidsAbility Intake Social Worker at 519 886-8886 ext 1214
Disordered eating/eating disorder	<ul style="list-style-type: none"> WRHN Child & Adolescence Eating Disorder Program (geographical catchment of Kitchener-Waterloo region (including Wellesley, Wilmot, and Woolwich) FAX: (519) 745-7649. Canadian Mental Health Association (CMHA) 1-844-264-2993 www.cmha.ca
Food allergies	<ul style="list-style-type: none"> Private Practice Dietitian (see below table)
Difficulty transitioning to solids	<ul style="list-style-type: none"> Private Practice Dietitian (see below table) May benefit from an OT assessment through KidsAbility, Private Practice or Community Therapy Centres
Vegetarian	<ul style="list-style-type: none"> Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating For self-management information and tools go to the website: www.unlockfood.ca Private Practice Dietitian (see below table)

Private Practice Dietitians in Waterloo Region with a Pediatric Focus

Business Name	Area of Specialty
Alfieri Nutrition Email: Alfierinutrition@icloud.com 519-503-2508	Breast feeding support Infant feeding – introduction of solid foods, poor infant and/or toddler growth Vegetarian and Vegan diets Nutrient Deficiencies – Iron and B 12
Blueprint Nutrition www.blueprintnutrition.ca	Infant latch/feeding issues or breast-feeding/formula feeding concerns Severe picky eating; Food aversions Oral motor delays; Sensory processing issues related to eating Nutritional and/or growth concerns related to eating Children with special needs around eating Vegetarian and vegan diets Food allergies; gluten free diets, celiac disease, IBD
Dietetic Directions www.dieteticdirections.com	Pregnancy Nutrition & Child Feeding, Infant Feeding Vegetarian & Vegan Diets Food relationship and disordered eating
Heather Wdowiak, RD www.waterloodietitian.ca	GI, picky eating, weight gain, weight loss