

# Dietic care pathway – young people and adults

**Priory offers a range of outpatient therapies to provide the best possible treatment for mental health conditions.**

The information below provides you with the clinical specification of our dietetic care pathway, along with information about outcome measures, ongoing care options and details of the therapy itself.

We strive to deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- 1:1 therapy starts from £109 per session (£132 in London)
- Consultant psychiatrist assessments start from £300
- Consultant psychiatrist follow-ups start from £150
- Group therapy starts from £65 per session (£77 in London)

Priory also offers an outpatient package for dietetics, which provides a fixed price, includes a discount and provides you with certainty of cost for your initial treatment programme.

**A simple GP referral process with 24/7 support**

We have a simple process for GPs who would like to refer a patient, and our GP enquiry team can support you with any queries that you may have.

**To make an online referral, visit [priorygroup.com/gp-referral](http://priorygroup.com/gp-referral)**

The treatment that is offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

**Call our 24/7 GP support line on 0800 090 1354**

**Email [priory.referral@nhs.net](mailto:priory.referral@nhs.net)**

**Fax 0844 770 6206**

**For more information visit [priorygroup.com/gp](http://priorygroup.com/gp)**

<b>Referrer guidance</b>	<ul style="list-style-type: none"> <li>+ There is evidence base to support the use of diet and nutrition in combination with medication and psychology in the prevention and treatment of many mental health conditions, but also physical health related conditions that may present secondary to mental health issues. These interventions can empower the patient to improve self-efficacy and self-care, and improve both short term and long term quality of life</li> </ul>
<b>Goals of assessment and treatment</b>	<ul style="list-style-type: none"> <li>+ To provide timely access to a specialist service for both young people and adults who would benefit from dietary assessment and comprehensive management of a broad range of mental and physical health conditions.</li> <li>+ To reduce symptoms of these conditions and to provide education around complications with the aim to improve quality of life and empower each patient to improve their own mental and physical health</li> </ul>
<b>Referral criteria</b>	<ul style="list-style-type: none"> <li>+ Eating disorder support for diagnosed eating disorders</li> <li>+ Support for early signs of disordered eating or fussy eating</li> <li>+ Weight loss advice for BMI 25-30kg/m<sup>2</sup> or obesity management BMI &gt;30kg/m<sup>2</sup></li> <li>+ Treatment for undesired weight loss</li> <li>+ First line dietary treatment and FODMAP diet for IBS</li> <li>+ Newly diagnosed type 2 diabetes education and prevention</li> <li>+ Weight management in young people</li> <li>+ Healthy lifestyle consultations to reduce risk of developing, or the complications of hypertension, high cholesterol or cardiovascular disease</li> <li>+ Nutritional support for patients with dementia and other neurological conditions</li> </ul>

<b>Evidence base: NICE or other guidance / references</b>	<ul style="list-style-type: none"> <li>+ NICE have published guidelines outlining the importance of dietetic interventions in the management of eating disorders (2006), diabetes (2015), obesity (2014), IBS (2008) and nutritional support (2006). These identify the importance of the dietitian in assessment and education of patients with chronic conditions and in the long term management to improve quality of life and health outcomes</li> <li>+ The Low FODMAP diet is an evidenced-based dietary management of functional gastrointestinal symptoms (2010), developed by King's College London and can only be delivered by a specialist trained dietitian. It has been proven to be effective for approximately 70% of patients with gut symptoms</li> </ul>
<b>Team</b>	<ul style="list-style-type: none"> <li>+ <b>Assessment:</b> <ul style="list-style-type: none"> <li>- Comprehensive dietetic history is taken by a registered dietitian</li> <li>- If complex and required, a psychologist or a psychiatrist may be engaged for further assessment and they may use specific assessment tools to assist in identifying contributing psychological or psychiatric symptoms</li> </ul> </li> <li>+ <b>Treatment:</b> <ul style="list-style-type: none"> <li>- Dietetic input on a bespoke basis</li> <li>- FODMAP diet assessments and food re-introduction if required</li> <li>- Psychological input if required for anxiety management or emotional needs, again on a bespoke basis</li> <li>- Psychiatric follow-up if required</li> </ul> </li> <li>+ <b>Relapse prevention:</b> <ul style="list-style-type: none"> <li>- A clear relapse prevention plan is formed with the therapist prior to discharge</li> </ul> </li> </ul>
<b>Time</b>	<ul style="list-style-type: none"> <li>+ Dietetic assessment/initial appointment: 50 minutes</li> <li>+ Dietetic review or follow up: 30 minutes</li> <li>+ FODMAP diet assessments and food reintroduction: both 50 minutes</li> <li>+ Psychological or psychiatric initial assessment: 60-120 minutes</li> <li>+ Psychological follow-up: 50 minutes</li> <li>+ Psychiatric follow-up: 30 minutes</li> </ul>
<b>Process of care</b>	<ul style="list-style-type: none"> <li>+ Initial assessment and review as required by a dietitian</li> <li>+ Additional psychological or psychiatric assessment or therapeutic intervention as required</li> <li>+ Bespoke package of care tailored to individual's needs, including bespoke diets, meal plans, diet sheets and information booklets</li> <li>+ Vitamins and supplements can be prescribed if required or requested from the GP</li> <li>+ Signposting and referral to other services as required</li> </ul>
<b>Outcome measure</b>	<ul style="list-style-type: none"> <li>+ Patient satisfaction survey</li> <li>+ Improved HbA1c</li> <li>+ Symptom improvement</li> </ul>
<b>Options for ongoing care</b>	<ul style="list-style-type: none"> <li>+ Ongoing outpatient care or discharge to GP</li> </ul>

Priory offers an extensive number of evidence-based therapy treatments for a range of conditions.

Because every individual is unique we have a bespoke approach to helping people through their most difficult times, offering mental health assessments, individual, group and family therapies. Not all of these interventions will be appropriate or necessary for all people and collaborative tailored treatment options will be explored with referrals at the first assessment.

First, we assess and understand the particular needs of a person and then recommend an appropriate course of treatment that is underpinned by clinical specifications based on the latest research and guidance.