

REFERRAL PROCESS

The dietetic service is available for all inpatients and outpatients on a referral basis. London Bridge Hospital and its dietitians are recognised by most major medical insurance companies. Referrals are accepted in writing by a Consultant or GP. Self referrals are welcome but please note that consultations may not be covered by your medical insurance company. Self paying clients are also accepted.

Registered Dietitians are uniquely qualified to translate scientific information about food into impartial, practical dietary advice.

If you are unsure as to whether you need to see a dietitian ask your Doctor or contact the Dietetic Department directly.

INPATIENT SERVICES

Telephone: **020 7407 3100** ext **42359**
or ask for bleep **029** or **078**

OUTPATIENT SERVICES

Telephone: **020 7407 3100** ext **42282**
or ask for bleep **090**

If you have medical insurance you should always check with your insurer that you are covered before embarking on any form of medical treatment.



HOW TO FIND US:

London Bridge Hospital is situated on the South Bank of the Thames. We are next to London Bridge mainline and underground stations with easy access to the City. Please note: no right hand turn from Borough High Street into Duke Street Hill.



London Bridge Hospital

27-29 Tooley Street, London SE1 2PR
Tel: 020 7407 3100 Fax: 020 7407 3162
Email: info.lbh@hcahealthcare.co.uk
Website: www.londonbridgehospital.com



London Bridge Hospital

**DIETITIAN
INPATIENT &
OUTPATIENT SERVICES**



Diet and nutrition are an integral part of preventing disease and maintaining optimum health. With an increased public awareness, more people are taking an interest in and responsibility for their personal wellbeing.

Registered Dietitians have the professional knowledge and experience to assess nutritional needs and to recommend appropriate nutritional treatments to help ensure a positive effect on patients' nutritional status, aid the recovery process, control symptoms and improve wellbeing.

London Bridge Hospital Dietetic Department

consists of a team of qualified Registered Dietitians who hold current registration with the Health Professions Council and are members of the British Dietetic Association. Dietitians work within their professional code of conduct and in doing so are committed to providing a quality service to clients, carers and colleagues. They are a key part of the healthcare team.

INPATIENT SERVICE

Working closely with the multidisciplinary team, patients referred to us will receive a full dietary assessment. This includes calculating specific nutritional requirements based on individual needs. An appropriate dietary regime is implemented to ensure optimal nutrition is reached during their hospital stay and at home. In some cases, this may involve the provision of nutritional supplementation or full nutritional support via nasogastric or gastrostomy tubes. Advice and education is also available to inpatients regarding suitable diets for conditions such as obesity, diabetes, heart disease, renal failure, liver disease and cancer.

OUTPATIENT SERVICE

The full-time Outpatient Dietitian offers a flexible outpatient service throughout the working week, with clinic times between 8am-7pm. For more information about this service, please contact the Outpatient Dietitian. Telephone: **020 7407 3100** ext **42282** or bleep **090**.

A dietitian can offer expert nutritional advice on the following specialties:

- Allergy
- Anaemia
- Bloating/abdominal discomfort
- Cancer
- Constipation
- Critical Care
- Diabetes
- Dysphagia (swallowing difficulties)
- Gastrointestinal disorders
- Gout
- Gynaecological disorders (PCOS)
- Heart disease and high blood pressure
- Hyperlipidaemia (high blood fats)
- Inflammatory Bowel Disease (IBD)
- Irritable Bowel Syndrome (IBS)
- Kidney disease
- Liver disease
- Malnutrition
- Neurological disorders (stroke, MND etc)
- Pre/post operation
- Vitamin and mineral deficiencies
- Weight gain
- Weight loss