

Growth and Nutrition Clinic at Western Health:

Western Health provides a Specialist Paediatric Growth and Nutrition clinic for patients up to 17 years of age who require assessment and management of feeding and eating difficulties including feeding tube dependence resulting in growth delay or nutritional deficiency. The clinic is facilitated by a multidisciplinary paediatric team comprised of a Paediatrician, Dietitian and Speech Pathologist.

The following conditions are managed within this clinic:

- Oral aversion
- Feeding tube dependence and weaning
- Poor growth including Failure to Thrive
- Fussy eating or restricted oral intake
- Difficulty or failure on the introduction to solids and/or texture progression
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Pica
- Constipation where decreased oral intake and vomiting feature
- Feeding issues associated with food allergies and intolerances.

Referral will be triaged by a Paediatrician according to specific clinical requirements.

Referrals may be triaged to alternative Paediatric Specialist Clinics at Western Health.

Specialist Clinics are provided in the Joan Kirner Women's & Children's Sunshine Hospital.

Conditions not seen by the specialist team in the Growth and Nutrition Clinic at Western Health:

- Eating disorders of adolescence
- Obesity without feeding issues
- Children with diagnosed autism with associated feeding issues with the possible exception of children with tube dependency.

Conditions requiring referral to Emergency Department:

Acute conditions requiring immediate assessment such as complete food or fluid refusal – please refer the patient to the Sunshine Hospital Emergency Department.

Access & Referral Priority Paediatric Growth and Nutrition:

The clinical information provided in your referral will determine the triage category. The triage category will affect the timeframe in which the patient is offered an appointment.

URGENT Appointment timeframe 30 days	ROUTINE Appointment timeframe greater than 30 days, depending on clinical need.
Failure to thrive <ul style="list-style-type: none"> • Infants < 6 months of age 	Failure to thrive <ul style="list-style-type: none"> • Infants > 6 months of age
Risk of Aspiration <ul style="list-style-type: none"> • Infants < 12 months of age 	Complex Cases <ul style="list-style-type: none"> • Aspiration risk not identified • Developmental delay • Failure to thrive • Feeding tube weaning
	Feeding Issues <ul style="list-style-type: none"> • Faltering growth in the absence of failure to thrive • Selective eating • Healthy infant with isolated feeding difficulty • Texture progression • Oral feeding optimisation • Established feeding but may require and benefit from support
	Existing Food Allergies
	Obesity <ul style="list-style-type: none"> • Children < 2 years of age



Western Health Specialist Clinics Referral Guidelines

Condition Specific Referral Guidelines:

Key information enables Western Health clinicians to triage patient referrals to the correct category and provide treatment with fewer visits to Specialist Clinics, creating more capacity for care. If key information is missing, you will be asked to return the referral with the required information. If this information is not received, the referral may be rejected.

Condition:	Key Information Points:	Clinical Investigations
All Growth and Nutrition concerns	<p>Essential</p> <ul style="list-style-type: none"> • Summary of presenting issue and reason for urgency. • Age of onset. • Detailed history including growth charts. • Past medical history including allergies and medications. • Details of past management and response <p>Desirable</p> <ul style="list-style-type: none"> • Dietary history • Details of pre-existing services involved. 	<ul style="list-style-type: none"> • Details of previous assessment or intervention. • Details of previous swallowing assessment report if undertaken.