

Argyll & Bute Nutrition & Dietetic Department

Self-referral form

How could a dietitian help me?

Dietitians are health care professionals who assess, diagnose and treat dietary and nutrition problems.

They use the most up-to-date health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices. Dietitians tailor advice to the individual and take into account a person's health, lifestyle, medications and circumstances.

Dietitians are the only nutrition professionals regulated by law and are governed by a strict, ethical code of conduct. In the UK, dietitians are registered with the Health and Care Professions Council (HCPC).

How do I self-refer to see a dietitian in Argyll and Bute?

If you are registered with an Argyll and Bute GP practice, you can self-refer via the below details:

Email: nhsh.dietitiansdirect@nhs.scot

Telephone (voicemail): 01631 789 041

Postal: Please complete this form (see overleaf) and return via post to our dietetic admin officer

Please include your name, date of birth and contact details. A member of our team will be in touch for further information if required. We may also contact your GP for further information.

Appointments may be via telephone or NearMe video call (see <https://www.nearme.scot/> for more information). We try to accommodate people's needs as best we can, so please let us know if telephone or NearMe are unsuitable.

The waiting list for an appointment with the dietitian is prioritised based on clinical need and service demand. Therefore, waiting times may vary. If your self-referral does not meet our referral criteria, you may be directed to first line information instead of an appointment.

Your privacy is important to us. All self-referrals will be treated confidentially and form part of a clinical record.

Where can I get information while I wait to see the dietitian?

British Dietetic Association Food Fact Sheets: <https://www.bda.uk.com/food-health/food-facts.html>

NHS Inform: <https://www.nhsinform.scot/>

Argyll and Bute Living Well website: <https://www.ablivingwell.org/>

NHS Highland website: <https://www.nhshighland.scot.nhs.uk/>

Argyll & Bute Nutrition & Dietetic Department

Self-referral form

How can I self-refer to the dietitians via post?

Please complete this form in as much detail as possible and send to:
Dietetic Admin Officer, Main Building, Victoria Integrated Care Centre, 93 East King Street,
Helensburgh, G84 7BU

First name(s): Surname:

Date of birth: Phone number:

Address:
.....

GP Practice:

Weight:..... Height:.....

Prescribed medications:.....
.....
.....

Why would you like to see the dietitian?
.....
.....

Have you seen the dietitian before? Yes / No If so, when?

Do you need an interpreter? Yes / No If yes, which language?

If you are unable to attend a telephone appointment and require face to face, please let us know. Please be aware there is a longer waiting time for face to face appointments.
.....