



**WRHN**  
Waterloo Regional  
Health Network

## Outpatient Pediatric Nutrition Referral Form

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

<b>Patient's Name</b>	<b>Date of birth (Y/M/D)</b>	<b>Health Card Number &amp; VC</b>
<b>Caregivers first name(s):</b>		
<b>Preferred phone number(s):</b>	<b>Address:</b>	
<b>Email(s):</b>		
<b>Patient History</b>		
<b>Medical History</b>	<b>*Please attach child's growth chart if applicable</b>	
<b>Relevant Medications</b>		
<b>Relevant Bloodwork</b>		
<b>UPDATED REFERRAL CRITERIA</b>		
<p><b>* 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.</b></p>		
<b>Referral Criteria</b>		
<input type="checkbox"/> Medically complex diagnosis <b>with</b> 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 <b>with</b> nutrition deficits (e.g. failure to thrive/impaired growth, iron deficiency anemia, other nutrient deficiencies)		
<input type="checkbox"/> Eating Disorder <b>not</b> 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). <b>Does not</b> include general abdominal pain or constipation		
<input type="checkbox"/> Food Allergies <b>with</b> nutrition deficits (e.g. impaired growth, iron deficiency anemia, other nutrient deficiencies)		
<input type="checkbox"/> Iron deficiency anemia		
<b>Referring Physician/Nurse Practitioner:</b>		
<b>Family Physician (if different from above):</b>		
<b>Date of Referral(Y/M/D):</b>		

## Pediatric Nutrition Resources for Residents of Waterloo Region

Nutrition Problem	Resource
<b>General nutrition</b>	<ul style="list-style-type: none"> <li>Alberta Health Services has some excellent nutrition resources you can access for families on their website:  <a href="https://www.albertahealthservices.ca/nutrition/page11115.aspx">https://www.albertahealthservices.ca/nutrition/page11115.aspx</a> .  Resources include ways to increase calories and protein, increase fibre, iron deficiency, decrease sodium, manage high cholesterol/triglycerides, etc</li> </ul>
<b>Obesity</b>	<ul style="list-style-type: none"> <li><a href="https://healthconnectontario.health.gov.on.ca">https://healthconnectontario.health.gov.on.ca</a> or call 811 to connect to a Registered Dietitian virtually</li> <li>Private Practice Dietitian (see below table)</li> </ul>
<b>'Typical' picky eating</b>	<ul style="list-style-type: none"> <li><a href="https://healthconnectontario.health.gov.on.ca">https://healthconnectontario.health.gov.on.ca</a> or call 811 to connect to a Registered Dietitian virtually</li> <li>For self-management information and tools go to the website: <a href="http://www.unlockfood.ca">www.unlockfood.ca</a></li> <li><a href="http://www.blueprintnutrition.ca">www.blueprintnutrition.ca</a> has some excellent free resources (blog posts, articles, resources) to help parents who are struggling to feed their children</li> <li>Private Practice Dietitian (see below table)</li> </ul>
<b>Food selectivity/problem eating/ feeding aversions</b>	<ul style="list-style-type: none"> <li>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: <a href="mailto:edparentgroup@wrhn.ca">edparentgroup@wrhn.ca</a></li> <li>KidsAbility- Parents/service providers can refer- see website for referral form or call KidsAbility Intake Social Worker at 519 886-8886 ext 1214</li> </ul>
<b>Disordered eating/eating disorder</b>	<ul style="list-style-type: none"> <li>WRHN Child &amp; Adolescence Eating Disorder Program (geographical catchment of Kitchener-Waterloo region (including Wellesley, Wilmot, and Woolwich)  FAX: (519) 745-7649.</li> <li>Canadian Mental Health Association (CMHA) 1-844-264-2993 <a href="http://www.cmha.ca">www.cmha.ca</a></li> </ul>
<b>Food allergies</b>	<ul style="list-style-type: none"> <li>Private Practice Dietitian (see below table)</li> </ul>
<b>Difficulty transitioning to solids</b>	<ul style="list-style-type: none"> <li>Private Practice Dietitian (see below table)</li> <li>May benefit from an OT assessment through KidsAbility, Private Practice or Community Therapy Centres</li> </ul>
<b>Vegetarian</b>	<ul style="list-style-type: none"> <li>Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating</li> <li>For self-management information and tools go to the website: <a href="http://www.unlockfood.ca">www.unlockfood.ca</a></li> <li>Private Practice Dietitian (see below table)</li> </ul>

## Private Practice Dietitians in Waterloo Region with a Pediatric Focus

Business Name	Area of Specialty
<b>Alfieri Nutrition</b> Email: <a href="mailto:Alfierinutrition@icloud.com">Alfierinutrition@icloud.com</a> 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
<b>Blueprint Nutrition</b> <a href="http://www.blueprintnutrition.ca">www.blueprintnutrition.ca</a>	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
<b>Dietetic Directions</b> <a href="http://www.dieteticdirections.com">www.dieteticdirections.com</a>	Pregnancy Nutrition & Child Feeding, Infant Feeding Vegetarian & Vegan Diets Food relationship and disordered eating
<b>Heather Wdowiak, RD</b> <a href="http://www.waterloodietitian.ca">www.waterloodietitian.ca</a>	GI, picky eating, weight gain, weight loss