

## Links to Professional Advice

**This resource signposts staff to links that support the nutritional care of individuals. It includes information on professional bodies plus accredited documentation on therapeutic and texture modified diets, and alternatives to oral feeding.**

### Allied Health Professionals (AHPs)

**Dietitians** can give expert advice on nutritional support. Please contact your local department.

**Speech and Language Therapists** can give expert advice on swallowing difficulties. Please refer to your local department according to their protocols.

**Occupational Therapists** can give expert advice on aids and adaptations to support the physical mechanics of eating and drinking. Please refer to your local department according to their protocols.

**TAMS on the NHSH Intranet will be used to provide up to date information about Food Fluid and Nutrition in NHS Highland. Links to some topics are also provided below:**

### Common Therapeutic diets

- Nutritional Support <https://www.bda.uk.com/foodfacts/malnutrition>
- Diabetes. Outline and guidance <https://www.diabetes.org.uk>
- Gluten free. <https://www.coeliac.org.uk>
- Low tyramine diet (MAOI) <https://www.choiceandmedication.org/nhs24>
- Texture modified diets and fluids\_ - The International Dysphagia Diet Standardisation Initiative (IDDSI) <https://www.iddsi.org>

**Re-feeding syndrome** please go to: Policy on the Prevention and Management of Re-feeding:  
<http://intranet.nhsh.scot.nhs.uk/PoliciesLibrary/Documents/Policy%20for%20Prevention%20and%20Management%20of%20Refeeding%20Syndrome%20in%20Adults.pdf#search=re%2Dfeeding>

**Naso-enteric Feeding** please go to: Guidelines for Naso-enteric Feeding in Adult Patients  
<http://intranet.nhsh.scot.nhs.uk/PoliciesLibrary/Documents/Guidelines%20for%20Naso-enteric%20Feeding%20in%20Adult%20Patients.pdf#search=enteral%20feeding>

### A note on discharge planning

NHS Highland (this excludes patients in Lochaber) has a contract with apetito frozen meal service to provide meals for our patients and service users at a reduced contact rate. If during discharge planning you identify that the patient is unable to access and/or prepare meals to meet their nutritional needs then the MDT team can discuss with the patient or service user whether offering this service would help support their discharge and ongoing care (See FFN 3 for more information)