

Growth and Nutrition Specialist Clinics at Western Health:

Western Health provides the following Specialist Clinics for patients up to the age of 6 years who require assessment and management of conditions causing Growth and Nutrition problems. Patients will be triaged by Consultant Paediatrician into management pathways according to specific clinical requirements. The majority of patients with feeding issues will be triaged into General paediatric medicine clinics, unless already linked in with a paediatrician.

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

These referral guidelines are for Paediatric Specialist Clinics provided at Joan Kirner Women's and Children's at Sunshine Hospital only.

Note: Growth and Nutrition clinics at Melton Community Health have different referral criteria please refer to: [Dietetics and Nutrition < Health Professionals | Western Health Bacchus Marsh, Melton & Caroline Springs \(wh.org.au\)](#)

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
- Faltering growth *Only refer if increases in caloric intake have not improved the condition.
- Fussy eating or restricted oral intake unless explained by their level of ASD.
- Difficulty transitioning to solids and/or texture progression.
- Feeding issues associated with food allergies and intolerances accepted on referral from Paediatrician or Allergist only.

Conditions not seen by Growth and Nutrition Specialists at Western Health:

- Eating disorders of adolescence
- Obesity without feeding issues.
- Children who are eligible for NDIS services to address their feeding conditions.
- Avoidant Restrictive Food Intake Disorders – please refer to Child and Adolescent Mental Health Services
- [Referral delivery pathway \(health.vic.gov.au\)](#)

Growth and Nutrition Alarm Symptoms:

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 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.
Faltering growth <ul style="list-style-type: none"> • Infants < 6 months of age* 	Faltering Growth <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 • Faltering growth • Feeding tube weaning
	Feeding Issues <ul style="list-style-type: none"> • Selective eating • Texture progression • Oral feeding optimisation • Established feeding but may require and benefit from support.

Condition Specific Referral Guidelines:

Key information enables Western Health to triage patients to the correct category and provide treatment with fewer visits to specialist clinics, creating more capacity for care. If key information is missing, you may be asked to return the referral with the required information.

Condition:	Key Information Points:	Clinical Investigations:
<p>All Growth and Nutrition concerns</p>	<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. Child growth: Growth charts (rch.org.au) or copies of growth chart from maternal and Child baby book (green book) • 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. • swallowing assessment report if undertaken. • Pathology results if completed