

The South East London (SEL) Prescribing Support Dietitian Service

[The Prescribing Support Dietitian Service](#) is commissioned by [SEL Medicines Optimisation](#) to support primary care clinicians to improve health outcomes. We aim to:

- maximise the quality of care while optimising value in a safe and evidence-based way;
- provide good quality dietetic care plans;
- help ensure that prescriptions for adult oral nutritional supplements (ONS) and cow's milk allergy are clinically and cost effective.

[The Adult Prescribing Support Dietitian Service](#) aims to address the impact of malnutrition in the primary care setting. We:

- identify, treat and support individuals who are malnourished or at risk of malnutrition including those with long term conditions and frailty;
- provide individual nutrition care plans using expert knowledge of food first strategies and motivational interviewing;
- review and make recommendations for the appropriate use of ONS while encouraging self-management.

We work as part of the Guy's and St Thomas' Integrated Care Team including primary, secondary and community care dietitians.

[The Children's Prescribing Support Dietitian](#) aims to help improve health outcomes and safety while reducing costs and health inequalities through appropriate prescribing of hypoallergenic infant formula. Most cow's milk allergy can be managed in primary care: the PSD supports GPs to do this and to help ensure that these products are correctly prescribed and reviewed. This involves following evidence-based local and national guidelines and NICE Quality Standards to facilitate early and accurate diagnosis. We work with GPs to help support women to breast feed for as long as they want and to avoid over-diagnosis and unnecessary prescriptions for suspected cow's milk allergy.

How we work with General Practices

- We liaise with general practices to identify and review records of individuals prescribed adult ONS and hypoallergenic infant formulas for cow's milk allergy.
- We provide specialist dietetic support for patients who may benefit from our input (including referrals onto appropriate services for continued dietetic support).
- We recommend actions and answer queries about prescriptions from primary care clinicians in accordance with local and national guidelines.
- We develop practical guidance and resources, and provide training.
- We attend practice clinical meetings to provide an overview of our work and to report back on the review results.

South East London Prescribing Support Dietitians Email: gst-tr.prescribingsupportdietitians@nhs.net

Support Required from General Practices

Please find more information on how we process data on the data controller console. To allow us to carry out this work, practices are requested to sign our data protection deed on <https://app.datacontroller.org.uk/>