Speciality – Gastroenterology
‘One stop’ review of adult patients with Coeliac Disease

NICE guidelines 86 (2009) and the British Society of Gastroenterology Guidelines for the Management of Coeliac Disease, (BSG, 2002) state that patients should be reviewed annually.

Annual assessment should include:
- Assessment of symptoms
- Assessment of nutritional intake and dietary adherence
- Review of gluten free products on prescription
- Routine blood tests – full blood count, alkaline phosphatase, albumin and calcium.
- Assessment of relevant medication i.e. Adcal D₃, ferrous sulphate and alendronic acid

At diagnosis, all patients receive a DEXA scan.

Men over 55 years and all post menopausal women should be referred every 5 years for a DEXA scan or every 3 years if they have existing osteopenia/osteoporosis.

All new patients seen by medical consultants receiving the diagnosis of coeliac disease and referred to the dietitian, are added to the coeliac register.

### Annual Review

Patients on the dietitians coeliac register will be invited for annual review and seen by the dietitian. Patients can also be referred by their GP or consultant. The specialist dietitian will undertake 22- clinics per year for new coeliac patients and coeliac reviews.

DEXA scan and blood test results will be sent to the dietitian, GP and consultant. Patients with abnormal results will be referred to the consultant gastroenterologist for medical review. A report will be completed for each patient for the GP and consultant.

The dietitian has been approved by the Western Sussex Hospital Trust to undertake an advanced role and has completed additional training to be able to request blood tests and DEXA scans where appropriate.

### Referral

Please refer to the Dietitians, St Richard’s Hospital, Western Sussex Hospitals NHS Trust

Tel: 01243 831498: Fax: 01243 831497
References


http://www.mims.co.uk/news/882147/Management-Adults-Coeliac-Disease-Primary-Care

NICE guidelines 86 (2009), Coeliac disease: Recognition and Assessment of Coeliac disease.

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Others
Local Referral and Management Guidelines Committee.

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Advanced Practice Forum, St Richard’s Hospital

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