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Diagnosis/contacts

**Adolescent
Wellness Clinic**

**What can referring
provider send?**

Copies of medical records including support for diagnosis must be included before the appointment is scheduled.

- Copies of growth grids from birth to present.
- Current height, weight, age, blood pressure and BMI

Children's workup will likely include:

Focus on family behavior and lifestyle changes related to overweight.

For adolescents ages 12-18 years:

Our assessment is aimed at identifying what is happening in the adolescent's environment to undermine his/her ability to regulate energy balance and grow predictably. Our approach: we believe in nurturing adolescents nutritionally, physically, and emotionally. We allow each adolescent to grow in his or her constitutionally appropriate way.

For patients \geq 85th percentile BMI:

- A consultation visit with an Adolescent Medicine provider to determine readiness to modify behavior will be made. If the patient is ready, a referral will be made to the Adolescent Medicine Nutritionist, fitness specialist, and mental health provider.



Diagnosis/contacts
Child Wellness
Clinic

What can referring provider send?

- Copies of pertinent medical records including support for diagnosis
- Growth grids from birth to present
 - Current height, weight, age, blood pressure, and BMI

Children's workup will likely include:

Focus on family behavior and lifestyle changes related to childhood overweight.

For children ages 2-11 years:

Our assessment is aimed at identifying what is happening in the child's environment to undermine his/her ability to regulate energy balance and grow predictably. Our approach: we believe in nurturing children nutritionally, physically and emotionally. We allow each child to grow in his or her constitutionally appropriate way.

For patients \geq 95th percentile BMI (obese):

- An evaluation will be made by: Physician Assistant, Nutritionist, Social Work, and Fitness Specialist.
- The family and the patient must have a desire and readiness for behavior and nutritional change.

Patients < 95th percentile BMI: Not being seen by this clinic.

> Additional Information:

Reference: Obesity Evaluation and Treatment: Expert Committee Recommendations <http://www.pediatrics.aappublications.org/cgi/content/full/102/3/e29>



Diagnosis/contacts

**Eating Disorders
Services**

When to initiate referral:

- Anorexia nervosa
- Bulimia Nervosa
- Eating disorder NOS

Children's workup will likely include:

- Medical management, nutrition and psychosocial assessment and counseling
- Outpatient and inpatient services available

For children and adolescents 9-18 years:

For children and adolescents who need a comprehensive team evaluation/intervention: Physician, Nutrition, Psychologist/Social Work, Nursing

> Additional Information:

To see specific guidelines for diagnoses in this clinic, please see the eating disorders under Adolescent Consult and Referral Guidelines on [seattlechildrens.org](http://www.seattlechildrens.org):
http://www.seattlechildrens.org/health_care_professionals/access/ambulatory_regional.asp#referral



Diagnosis/contacts
Endocrinology Clinic

Children's workup will likely include:

Diagnostic intervention and treatment for diabetes/endocrine related diagnoses



Diagnosis/contacts

**Gastroenterology
Clinic**

Team includes Physician,
ARNP, RN

**Children's workup will likely
include:**

Intervention and treatment
when history, physical exam
or diagnostic testing suggests a
predominantly physiologic cause
for failure to thrive e.g. chronic
diarrhea, persistent vomiting or
hepatosplenomegaly



Diagnosis/contact

Growth and Feeding Dynamics Clinic

Referring provider's initial evaluation and management can include:

- Maternal history (drug use, congenital infection, maternal nutrition/health during pregnancy)
- Labor, delivery and neonatal history

Physical exam:

- Thorough review of systems
- Child's general history acute/chronic illnesses medication use
- Growth history plot on CDC curve, correct for pre-maturity until age 2

When to initiate referral:

- 9 month – 2 year: weight/length ration <5th % or declining velocity of 2 growth channels
- 2-4 years: BMI <5th % or declining velocity of 2 growth channels
- Impacting family dynamics
- Psychosocial risk factors (mental health issues, developmental concern, significant environmental stress, poverty, isolation, substance abuse)
- Not eating a variety of foods, feeding aversion, poor progression to solids

What can referring provider send?

- Pertinent medical records
- Growth charts

Children's workup will likely include:

- Nutrition, feeding and psychosocial assessment and short-term follow-up
- Focus on feeding difficulty/poor weight gain in conjunction with feeding dynamic issues such as feeding aversion or poor progression to solids
- Assist with setting up long-term treatment as necessary

For children 9 months – 4 years:

Team evaluation includes: Nutrition, Occupational Therapy, and Social Work



Diagnosis/contacts

Ketogenic Diet

For ages birth to 21 years

When to initiate referral:

Referral issues need to be referred to Neurology for evaluation by both neurologist and dietitian.

Children's workup will likely include:

Assisting children with seizure disorders who would benefit from the ketogenic diet



Diagnosis/contacts
Lipid Clinic

Children's workup will likely include:

Provides diagnostic intervention and treatment by physician and dietitian for patients with hyperlipdemia



Diagnosis/contacts

Nutrition Clinic

For ages birth to 11 years

Refer children already seen in another Children's specialty clinic to the dietitian in that program.

Weight management/overweight – see Child Wellness Clinic

When to initiate referral:

- Failure to thrive
- Food allergies/specialized diet
- General nutrition
- Poor eating habits
- Tube feeding/total parenteral nutrition
- Underweight
- Vegetarianism

What can referring provider send?

- Copies of medical records including all growth grids from birth to present
- Current height and weight
- Reason for referral

Children's workup will likely include:

Provides nutrition assessment and treatment



Diagnosis/contacts

Adolescent Nutrition

For teens, ages 12-18 years

Eating disorders – see Eating Disorders Services

Weight management/overweight – see Adolescent Wellness Clinic

When to initiate referral:

- Abnormal weight loss (not an eating disorder)
- Energy-deficit/secondary amenorrhea
- General nutrition
- Sports nutrition
- Vegetarianism
- Food allergies



Diagnosis/contacts

Occupational and Physical Therapy

For children ages birth to 2 years

When to initiate referral:

- Breastfeeding problems
Feeding problems
- Oral-motor problems
 - Delayed transition to solids
 - Delayed development of self
 - Feeding skills
 - Disrupted feeding dynamics
 - Feeding aversion
 - GE reflux management

Children's workup will likely include:

Provides occupational or physical therapy assessment and treatment for children who need a clinical feeding and clinical swallowing evaluation/treatment.



Diagnosis/contacts

**Speech and Language
Therapy**

For children ages birth to
21 years

When to initiate referral:

- Aspiration pneumonia
- Chronic respiratory issues suggesting swallowing difficulties
- Dysphagia

Children's workup will likely include:

- Videofluoroscopic studies to diagnose swallowing dysfunction.
- Speech and language assessment and treatment.

Clinic phone: 206-987-2104. You may fax a New Appointment Request Form to 206-987-2409. To speak with a Seattle Children's physician for an urgent phone consultation, call the Physician Operator at 206-987-7777 or toll free at 877-985-4637.

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