

Nutrition and Dietetics

The Nutrition & Dietetics Department see patients who are currently under the care of a consultant in St Columcilles Hospital. Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems. Dietitians use the most up-to-date public health and scientific research on food, health and disease, which they translate into practical guidance to enable people to make appropriate lifestyle and food choices. Dietitians at St Columcilles Hospital see both inpatients and outpatients.

Inpatient Services

Inpatient services are provided Monday to Friday. If an inpatient requires assessment by a Dietitian, an HSCP referral form must be completed and signed by the referring medical team or HSCP provider. The hospital Dietitian will carry out an individual assessment and devise an appropriate diet. On discharge, if appropriate, a nutritional care plan will be provided to the patient and their GP, or referred to community dietetic services.

Outpatient Services

Dietitians also see patients who attend the Diabetes, Weight Management Services and Cardiac Rehab at the hospital. To see a Dietitian for these services, patients must be attending the Diabetes, Weight Management or Cardiac Rehab Clinics. We have limited capacity to see other outpatient services. If an outpatient appointment with a Dietitian is required, a signed referral form from a consultant (or medical team member) must be sent to the department. Patients are seen by appointment only.