



Dietetic Outpatient Service

Great Ormond Street Hospital for Children

Great Ormond Street Hospital (GOSH) is a globally renowned children's hospital, championing innovation across more than 60 clinical specialties and providing ground-breaking treatments for the rarest and most complex conditions. Located in the heart of London, GOSH is a British institution with royal patronage and a 160-year history.



The Dietetics Department

Dietitians are qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual or public health level.

They use the most up to date research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.

The Dietetics department at GOSH helps children who have a condition where a special diet can be used as treatment.

The dietitian will assess children carefully, to identify the most appropriate dietary management.

This would take into account age, stage of development, feeding ability, social, economic and religious considerations.

A treatment plan would be developed and explained to the patient and their carers, providing advice on how to carry out the plan at home. If appropriate an interpreter can be available to translate the information into the language spoken by the family.

The child's growth and development would be monitored, to ensure that the prescribed diet meets their needs.

Conditions we treat

- Respiratory conditions
- Haematology and oncology, and bone marrow transplant (BMT)
- Immunology and infectious diseases
- Cardiology
- Neurodisability and neurological conditions
- Gastroenterology
- Surgery, orthopaedics and urology
- Metabolic medicine
- Endocrinology
- Ear, nose and throat (ENT), cleft palate, plastic surgery, craniofacial, dental and maxillofacial surgery
- Rheumatology and dermatology (including Epidermolysis Bullosa)
- Cystic fibrosis
- Ketogenic diet for epilepsy
- Nephrology

Diet therapies

Advice is provided for a wide range of therapeutic diets including nutrition support for failure to thrive, allergies and food intolerances, inherited metabolic disorders, vegan diets, fat modification and weight control. This could include a range of feeding methods, from oral nutrition to the different types of tube feeding.

The Outpatient Dietetics Service

We have a dietitian dedicated to the IPP Outpatient service who holds weekly clinics in Caterpillar Outpatients.

For some medical teams the specialist dietitian will see children with their consultant, or an appointment outside the regular weekly clinic time will be arranged.

Multidisciplinary approach

We work closely with our consultants and other health professionals, in some cases holding joint consultations.

For example the dietitian may assess a child with a member of the Speech and Language Therapy team to provide a joint plan, taking into account the child's swallowing abilities.



Referral

GOSH Consultant referrals are accepted. Please email private.dietetics@gosh.nhs.uk using encryption if external

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