

Red Flag Conditions/Referral Suggestions for Nutrition and Physical Activity



There are various health conditions which require specialized care. In these instances, you should refer the patient to an appropriate resource.

Please note the following are not extensive lists. When in doubt, speak with your team and refer the patient to an appropriate resource.

Use your scope of practice and best clinical judgment with all patients.

Refer to a Registered Dietitian for nutrition goals for patients with:

- Renal disease (e.g. chronic kidney disease)
- Cardiovascular disease (e.g. heart failure)
- Diabetes (e.g. patients taking insulin, type 1 diabetes)
- Digestive disorders and bowel disease (e.g. inflammatory bowel disease, Crohn's Disease, ulcerative colitis)
- Specialized diets (e.g. celiac, FODMAP, vegan)
- Neurological Conditions (e.g. trouble swallowing)
- Cancer
- Food allergies/intolerances
- Pregnancy
- Malnutrition
- Alcohol dependence
- Eating disorders

Most patients can start walking for exercise without any health risks, however, if they have the below conditions and want to start a different exercise regimen, they should visit their primary care provider for an assessment and a referral to physiotherapy for goal setting:

- Injuries limiting participation in exercise
- Diabetes, renal or liver disease
- Cardiovascular disease
- Pulmonary disease (e.g. Chronic Obstructive Pulmonary Disease)
- Pregnancy
- Neurological Conditions

If specialized team members are not available in your area, refer to the most appropriate resource (i.e. primary care provider).

When in doubt, talk to your team!