

# Do you have problems with digestion, diabetes or are you worried about your weight?

## If so, ask to see a First Contact Dietitian

### What is the difference between a General Practitioner (GP), First Contact Dietitian and Community Dietitian?

#### GENERAL PRACTITIONER (GP)

Expert in all common medical conditions.

Refer patients to hospitals and other medical services for urgent and specialist treatment.

Many GP appointments will be for conditions that could be managed through diet therapy and therefore may be better placed with a **FIRST CONTACT DIETITIAN**

#### FIRST CONTACT DIETITIAN

Experts in diet and lifestyle treatments, based in your GP practice to allow you to quickly and directly access their support.

Experienced and advanced clinical skills, providing specialist consultations for many common conditions. This can include digestion issues, diabetes, and weight concerns (both over and underweight).

You may be able to see a first contact dietitian who specialises in infant and child feeding difficulties.

They can assess, diagnose, and recommend appropriate treatment or referral at your initial appointment.

You can book straight into see the dietitian – you do not need to see a GP or nurse first.

Your appointment will last around 30 minutes, meaning you will have lots of time to agree on what support you need.

#### COMMUNITY DIETITIAN

Use diet therapy to treat many different conditions.

Usually based in a community or hospital setting. Or you may be visited at home if you aren't able to travel.

You may see a generalist dietitian or a specialist depending on your diagnosis.

You will need to be referred by your GP, nurse, or First Contact Dietitian.

There is likely to be several weeks, or months wait time to see a community dietitian.

**FIRST CONTACT**  
**Dietitian**

**BDA** The Association  
of UK Dietitians

[bda.uk.com](http://bda.uk.com)