

Gluten Free Food - Support Tool Assessment

Patient Name: _____

CHI: _____

Contact No: _____

Concordance

Is the patient adhering to their gluten-free diet? Yes No

Does the patient understand how to identify foods that may contain gluten? Yes No

Does the patient have information that will support their concordance with a gluten-free diet? Yes No

Outcomes

- Patient requires support – signposted to information
- Patient requires support – signposted to information and referred to dietitian via GP
- Patient does not understand how to identify foods that may contain gluten and referred to dietitian via GP

Interactions & Precautions

Is the patient prescribed folic acid, iron or calcium and Vitamin D supplements? Yes No

If yes, is the patient aware of how to take these medicines properly, if indicated? Yes No N/A

Outcomes

- Referral of patient to GP for a review of supplements
- General advice given on taking supplements
- Advice given to patient on how to take medicines properly

Adverse Reactions

Is the patient aware of the common symptoms that are caused by not following a gluten-free diet? Yes No

Does the patient have any new/ongoing/recurring symptoms that may suggest that they are consuming foods that contain gluten? Yes No

If yes, has the patient discussed these symptoms with their GP or dietitian? Yes No N/A

Is the patient aware that adverse effects should be reported? Yes No

Outcomes

- Advice given to patient on what common symptoms are
- Patient has symptoms and has been referred to GP
- Patient informed that adverse reactions should be reported to their pharmacist / GP / Dietitian

Monitoring

Is the patient aware of how many gluten-free units they are able to order each month? Yes No

Have the patient's folic acid/iron/calcium/Vitamin D supplements been reviewed in the last 12 months? Yes No

Height or weight or both not available

Height (m)

Weight (kg)

BMI

Outcomes

- Advice given to patient on the number of units they can order
- Patient feels they require more than their recommended units and has been referred to GP / dietitian
- General advice given on taking supplements
- Referral of patient to GP for a review of supplements