

Gluten Free 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

Coeliac Disease is an autoimmune condition. Ingesting gluten causes the villi of the small intestine to react by flattening. This reduces the absorptive capacity of the intestine.

Actions:

- Check the patient's feelings about how they are managing with their diet.
- Check if the patient is confident that they can identify foods that contain gluten.
- Enquire if the patient is aware of the symptoms caused by eating gluten. There is wide variation in the severity of symptoms; some patients do not experience any symptoms.
- Signpost the patient to Coeliac UK (www.coeliac.org.uk).
- Record any care issues in the patient's care plan and agree desired outcomes and actions.
- Refer to the community dietitian, patient's GP, or as per healthboard guidelines.

Next - Interactions & precautions

Save & Review

Interactions & precautions

- Is the patient prescribed folic acid, iron or calcium and Vitamin D supplements? Yes No
- Is the patient aware of how to take these medicines properly, if indicated? Yes No

Health risks associated with non-compliance with a gluten-free diet include osteoporosis, chronic malabsorption, and gut lymphoma.

Actions:

- Provide advice on how to take the medicines properly.
- Record any care issues in the patient's care plan and agree desired outcomes and actions.

Back - Concordance

Next - Adverse effects

Save & Review

Adverse effects

- 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 symptoms that may suggest that they are consuming foods that contain gluten? Yes No
- Is the patient aware that adverse effects should be reported? Yes No

Patients who do not adhere strictly to their diet may experience a decreased appetite, weight loss, diarrhoea, anaemia, mouth ulcers, abdominal bloating, lethargy, nausea and blood in stools.

Actions:

- Keep a record of any problems that the patient describes.
- Refer them to their GP if symptoms appear severe.
- Record any care issues in the patient's care plan and agree desired outcomes and actions.

Back - Interactions & precautions

Next - Monitoring

Save & Review

Monitoring

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

Gluten-free annual health check not completed in pharmacy

What date is the patient due to receive their gluten-free annual health check at the pharmacy?

Height or weight or both not available

Height (m)

Weight (kg)

BMI

There are national recommendations for the number of monthly gluten-free units; these vary by age and gender. The amount of gluten-free units patients are given should meet their dietary needs.

Patients should be monitored periodically to ensure that they maintain a healthy weight. Some patients may have a blood test at intervals by their general practitioner to ensure that the patient is not showing signs of malabsorption

Actions:

- **Communicate the information gained from the annual health check to the patient's general practitioner.**
- **Record any care issues in the patient's care plan and agree desired outcome and actions.**

[Back - Adverse effects](#)

[Save & Review](#)

Gluten-free assessment summary

Concordance

- Is the patient adhering to their gluten-free diet?
- Does the patient understand how to identify foods that may contain gluten?
- Does the patient have information that will support their concordance with a gluten-free diet?

Adverse effects

- Is the patient aware of the common symptoms that are caused by not following a gluten-free diet?
- Does the patient have any symptoms that may suggest that they are consuming foods that contain gluten?
- Is the patient aware that adverse effects should be reported?

Interactions and precautions

- Is the patient prescribed folic acid, iron or calcium and Vitamin D supplements?
- Is the patient aware of how to take these medicines properly, if indicated?

Monitoring

- Is the patient aware of how many gluten-free units they are able to order each month?
- Gluten-free annual health check not completed in pharmacy
- What date is the patient due to receive their gluten-free annual health check at the pharmacy?
- Height or weight or both not available
- Height (m)
- Weight (kg)
- BMI

Use to add care issues for the specific question.

Care issues associated with this assessment

Care Issue	Earliest review by	Last modified on
No records to display.		

[Add](#)

Assessment completion

- Assessment complete
- Assessment completed by
- Assessment completed on
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