



Keeping you up to date with **Lothian Referral Guidelines**- for previous e-Bulletin issues see [News](#)

Lead Referral Advisor - Becky Cheesbrough

Welcome to the first RefHelp e-bulletin of 2024! It's been a particularly difficult winter for everyone working in healthcare. Hopefully spring is finally on its way, with daffodils in the garden and lighter evenings. It looks as though things will continue to be challenging for us in the months ahead but we, the RefHelp team, hope that we can make your lives a little bit easier by providing useful, up to date and easily accessible information about available resources and referral pathways within Lothian. Some of the recent updates and new additions to the website are detailed below.

If your appraisal is looming or you're just looking for some interesting and relevant CPD then join us for one of our upcoming webinars. It's free to register, you can join via Teams from home and then just sit back, relax and listen to one of our local experts.



Paediatric Coeliac Service

There is now a dedicated Sci Gateway form to refer patients directly to this service.

RHCYP>General Medicine>LI Paediatric Coeliac Services

The management of Coeliac Disease in children & young people (<16years of age) across Lothian is Dietetic-led with Paediatric GI Consultant input.

Following referral for patients with a new diagnosis, the family are contacted directly to arrange a supportive new patient consultation and discussion around diagnosis and to plan further investigation and ongoing management. All patients with positive Coeliac serology who are referred to the service must continue to eat adequate amounts of gluten and not go gluten free until instructed otherwise by Secondary Care.

Children and young people with existing Coeliac Disease can also be referred to the Paediatric Coeliac Service.

Where the Primary Care team feels advice is required, an 'advice only' referral can be made to the Paeds GI team using SCI-GW or advice requested via the service email.

See [Coeliac \(Paediatric\) - RefHelp \(nhslothian.scot\)](#) for further information.



celiac.org

There are lots of changes on our Mental Health pages!

We have a brand new section on [maternal and neonatal psychology services](#) outlining what is available for people who have a mental health issue relating to a current or previous pregnancy. The service also helps those who have an infant whose health is significantly compromised, requiring intensive care.

Please also see the related:

- [Parent and Infant Relationship Service \(PAIRS\)](#) which is on the paediatric mental health page - this service supports infants up to the age of 3 years where there are significant symptoms round, for instance, behaviour, distress, feeding, developmental delay or relationship and attachment difficulties. Please note that the service is only available in South Edinburgh and Midlothian initially, with plans to extend.
- The [Birth Reflections Clinic](#) offers a single appointment with midwifery and clinical psychology staff to help where there are emotional difficulties relating to the birth experience persisting after the first few weeks.



Gambling

It is estimated that gambling affects a fifth of our population in some adverse way - either directly or through the impact on family and friends. Harmful gambling is where there is an urge to gamble continuously despite negative or harmful consequences or a desire to stop. Those who gamble harmfully are far more likely to commit suicide, especially in those aged under 30. But there are things we can do to help: please see our new [gambling page](#) for some useful questions to ask, and resources to refer to.



Veterans are also more likely to suffer mental ill health and our new [Veteran's Mental Health](#) page highlights local and national resources.

Measles

Our new [measles page](#) gives an update, including on symptoms and how to test, because of its recent re-emergence in Scotland.

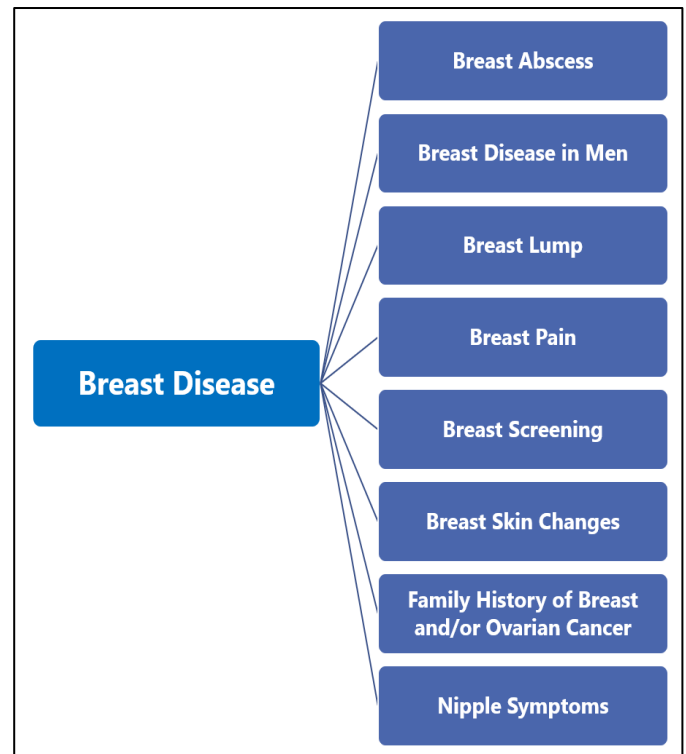


Mouth Lesions in Children

The new paediatric [Oral Medicine](#) pages were developed jointly with dental and gastrointestinal specialist colleagues. They outline the [common benign conditions](#) and [oral ulcers](#) we all see but also the red flags for more serious underlying conditions where investigation and referral might be needed. The pages have some useful links for patients too, to help with what can be uncomfortable and distressing symptoms.

Breast Disease

The Breast Disease pages have been updated. The information on the pages is based on the [Scottish Cancer Referral Guidelines](#) and on the [Modernising Patient Pathways Programme](#). The page on [Breast Screening](#) has been updated to reflect the most up to date advice on eligibility. The pages on [Breast Disease in Men](#) and [Breast Pain](#) have been updated to reflect the new [MMP guidance](#) that was released this summer. Mr Barber, Consultant Breast Surgeon from the WGH, has produced two short videos that are very helpful summaries for these areas. They are linked from the RefHelp page, and can also be accessed here: [Breast Disease in Men](#) and [Breast Pain](#).



Diabetes

Diabetes mellitus manifests from various underlying causes. This highlights the importance of thorough consideration of the complete potential range of differential diagnoses with each new presentation. HbA1c is now endorsed as the primary diagnostic test for non-rapid onset diabetes in NHS Lothian. The recently updated guidance provided in ([Diabetes Diagnosis - RefHelp \(nhslothian.scot\)](#)) incorporates a new algorithm delineating the specific scenarios where HbA1c should and should not be used.

The guidance also covers when to suspect Pancreatic Diabetes (Type 3c Diabetes), Steroid-induced diabetes, Gestational Diabetes and Prediabetes.

Please remember to refer to [Management of long term high dose steroid therapy - RefHelp \(nhslothian.scot\)](#) page for patients who are on long term high dose steroid therapy. This resource provides comprehensive guidance on diagnosing, monitoring, and managing steroid-induced diabetes/prediabetes.

Neurology



Muscle twitching and cramps are frequently encountered normal symptoms, but they may occasionally signal an underlying neurological condition. In one study, over 50% of the population experienced muscle fasciculation, while 37% reported muscle cramps within a single year. For guidance on managing these symptoms in Primary Care and determining when referral to Secondary Care is appropriate, please

consult the [Muscle twitches and cramps - RefHelp \(nhslothian.scot\)](#)

Rheumatology

The Rheumatology team has recently made additional updates to their [Polymyalgia Rheumatica - RefHelp \(nhslothian.scot\)](#) and [Giant Cell Arteritis - RefHelp \(nhslothian.scot\)](#) primary care management section. These revisions align with the guidelines outlined in [Management of long term high dose steroid therapy - RefHelp \(nhslothian.scot\)](#) guidance which was published by the endocrine team last year.

East Lothian Community Service

[East Lothian Rehabilitation Service \(ELRS\) - RefHelp \(nhslothian.scot\)](#) updated their SCI gateway referral protocol for Physiotherapy. This update has introduced a dropdown menu with the following pathways: MSK, domiciliary physiotherapy, Falls physiotherapy, Community respiratory, Women's health and Physio-led chronic musculoskeletal pain management.

MSK Physio

Edinburgh domiciliary physiotherapy team (Physio:Home) have updated their self-referral form, which can be found here -> [Physio@Home \(Edinburgh\) - RefHelp \(nhslothian.scot\)](#)

Domiciliary Podiatry

When referring patients for domiciliary podiatry, the team ask for an assessment of the individual's capacity to make decisions. If deemed necessary, please complete and attachment the S47 form in accordance with the Adult with Incapacity Act. It should be noted that the domiciliary podiatry SCI gateway protocol has been recently revised, mandating the completion and attachment of the S47 form as an integral step in the referral process.

Palliative

The palliative team are currently reviewing their section and have updated [St Columba's Hospice - RefHelp \(nhslothian.scot\)](#)



Long Covid Refbite

Dr Amy Small, Clinical Advisor for Chest, Heart and Stroke Scotland, and Dr Charlie Chung, Long Covid Clinical Pathway Lead, have created an informative [RefBites - RefHelp \(nhslothian.scot\)](#) regarding the help available for patients suffering from Long Covid in Lothian. This provides details on how to refer to the digital support pathway for Long Covid. Patients then gain access to various talks tailored to their individual symptoms as well as having the option to connect to the CHSS Advice Line.



The information available through the long COVID digital pathway will be adequate to help many people manage their symptoms, but some people will continue to require rehabilitation from a clinical service. Dr Chung, consultant Occupational Therapist discusses the 3 core services available to these patients - [ME/CFS](#) service, SALT and Lothian Work Support Services

New PoTS Refhelp page

A Refhelp page has been added for [Postural Tachycardia Syndrome](#) under [Cardiology](#). This relatively poorly understood condition can cause a variety of symptoms and morbidity for patients. The condition is usually managed in primary care but this Refhelp page clarifies red flag symptoms and signs and when to refer to Cardiology.



Heart Failure

The frequently utilised [Heart Failure Diagnostic](#) Pathway has been updated.

A new subpage, [Community Heart Failure Nurse Service](#) has been created. This service provides support to patients with decompensated heart failure and can also provide advice and support for Primary Care clinicians managing these patients. Patients can only be referred through Cardiology so if you feel someone would benefit from their input then they can be referred to the General Cardiology clinic for consideration of this.

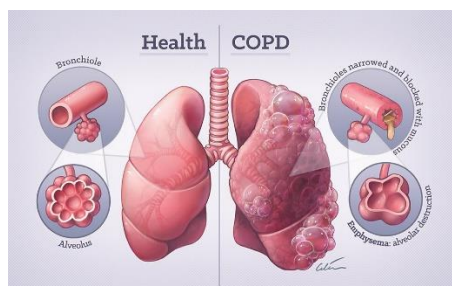
Anti-Obesity Medications (Injectable treatments) for Pre-Diabetes

Refhel and the Weight Management Service are excited to announce that Anti-Obesity Medications (Liraglutide) have been approved by the SMC and added to the NHS Lothian list of approved prescription medicines in the context of Pre-Diabetes. Suitable patients can access these by being referred or by self-referring to the [Weight Management Service Adult](#) for assessment. For full details on referral criteria and how to refer see [Anti-Obesity Medications \(AOM\)](#)



Think COPD Think Community Respiratory Team

Refhel has updated its page for the [Edinburgh Community Respiratory](#) Team.



CRT has 3 main work streams:


- Prevention of admission and acute exacerbation support for patients in their own home with the aim of avoiding unnecessary admission to hospital
- Supported discharge from hospital
- Chronic disease management.

The updated page has a link to a new [COPD psychology](#) page. It should be noted that patients can only be referred to the COPD Psychology service through

the CRT. Therefore, if you think your patient would be suitable for this service, please refer to the CRT in the first instance.

[RefTalks](#) & [RefBites](#)

The latest RefBite is now live!



RefHelp presents

RefBites
Bitesize Learning


Essential Referral Service Information
Short Video

Long Covid Service

*Dr Amy Small, GP NHS & Clinical Advisor CHSS
Dr Charlie Chung, Lead Long Covid Rehabilitation*

[Watch Now](#) March 2024

loth.refhelp@nhs.scot <https://apps.nhslothian.scot/refhelp> [@Refhelp_Lothian](#)



Catch one of our RefHelp webinars. You will find details below of our Spring programme and you can find out how to register [RefTalks - RefHelp \(nhslothian.scot\)](#):



UPCOMING WEBINARS
SAVE THE DATES

APR 25 PAEDIATRIC SURGERY

MAY 29 ONCOLOGY

JUN 25 BREAST DISEASE

Hot Topics

To view previous webinars please see RefHelp's [Archives](#) Section

<https://apps.nhslothian.scot/refhelp/education/reftalks/>



Contributors to this issue were:

Dr Becky Cheesbrough, Dr Catriona Morton, Dr Jane Burnett, Dr Mohammad Alshaikly, Dr David R Millar & Aparna Amanna. Thank you to all who have supported the development content for the RefHelp website.

Was this useful and interesting? We would love to hear your feedback or suggestions for future updates and content! Email us at: RefHelp@nhslothian.scot.nhs.uk or even send us a tweet