**RefNews April 2023**

New learning material and resources on remote consulting which will assist health and social care providers offer remote consultations as part of business as usual service provision to the people of Scotland. Check it out here: <https://apps.nhslothian.scot/refhelp/useful-resources/>

Please note patients with cervical polyps to be sent to Gynaecology NOT Colposcopy as a Routine referral NOT as a USOC or Urgent referral. More info on colposcopy referral guidelines here: <https://apps.nhslothian.scot/refhelp/guidelines/cervicalabnormalitiescolposcopy/>

Check out the recently updated preconception advice on RefHelp including info on rubella susceptibility, Zika virus alert, and essential supplements! <https://apps.nhslothian.scot/refhelp/guidelines/preconceptionadvice/>

Chronic spontaneous urticaria +/- angioedema (CSUA) – including in the context of Long Covid now on RefHelp. There is detailed information about triggers, exacerbators, treatment, mast cell activation syndrome and much more! <https://apps.nhslothian.scot/refhelp/chronic-spontaneous-urticaria/>

Immunoglobulin(Ig) testing flowchart with comprehensive information on the interpretation of immunoglobulins and some useful notes available here: <https://apps.nhslothian.scot/refhelp/immunoglobulin-testing/>

Helpful information on PCOS such as diagnosis, interpretation of blood results, referral guidelines and primary care management. Please see RefHelp: <https://apps.nhslothian.scot/refhelp/guidelines/polycysticovarysyndrome/>