Ref Help Autumn Series 2026

NHS Lothian

Ref Talks

Improving the Diagnostic Patient Journey: Developing and Implementing a Lower GI Symptoms Pathway

To address diagnostic delays in lower gastrointestinal conditions, a UK-wide collaboration of patients, charities, primary and secondary care clinicians, and professional organisations co-designed a lower gastrointestinal symptom-based diagnostic pathway. Launched in July 2024, the “What’s Up With My Gut” initiative provides guidance and patient resources to support earlier diagnosis, appropriate investigation, streamlined referral and shared decision-making. Building on this national programme, CfSD have incorporated the pathway as a national resource.

NHS Lothian implemented a locally adapted pathway in August 2026, incorporating symptom-based assessment into RefHelp, aligning investigations and referrals with local policies, and embedding patient education & digital resources to support implementation in primary care.

By streamlining the referral process, the overarching aim is to reduce unwarranted variation in clinical practice, minimise diagnostic delays, and ensure patients receive timely, appropriate investigations and specialist care.



30 November, Monday

7:30-8:30PM

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REGISTER

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