

# Ref Talks

## AUTUMN SERIES 2025

### KEY SPEAKERS

**Primary Care Laboratory  
Interface Group (PLIG)  
GP Evening Update**

**WEDNESDAY, 29 October, 2025**  
7:30PM – 9.00PM



**Sara Jenks**

Chair PLIG  
Clinical Lead Biochemistry  
NHS Lothian



**Sandeep Ramalingam**

Consultant Virologist  
NHS Lothian

**Sarah Peat**

Emerging Trends & Training  
Co-ordinator, CREW

**Morgan Lewis-Wilson**

Training Development Officer  
CREW

### Primary care Lab Interface group (PLIG) update

Update on recent PLIG projects including:

- release of new guidance on hyponatraemia and hypomagnasaemia
- update on communication of critical results to surgeries
- work being done to reduce rates of falsely elevated potassium results

### Homemade hypertonic saline nose drops for children with the common cold: ELVIS Kids results

ELVIS Kids study, is a randomised controlled study done across Scotland where parents made and applied salt water nose drops for their kids when they had a common cold. The results will be presented, science behind it will be explained, and briefly touch upon the previous study on adults with the common cold.

### Identifying signs of harm, and opportunities for intervention and harm reduction, within GP practice for common psychoactive drugs

The Crew Team will cover drugs such as ketamine, nitrous oxide, benzodiazepines, cocaine, synthetic cannabinoids.



**REGISTER NOW**

 [loth.refhelp@nhs.scot](mailto:loth.refhelp@nhs.scot)