

RefTweets – April 2024

Live vaccines should not be administered to individuals on immunosuppressive therapy. Please refer to the vaccination guidance for Rheumatology patients on RefHelp:

<https://apps.nhsllothian.scot/refhelp/vaccination-in-rheumatology/>

Lothian Parent & Infant Relationship Service (PAIRS) supports relationships between parents/carers & infants in the critical early years of life. Currently, the service is only offered in South Edinburgh & Midlothian. More details and referral info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/childandadolescentmentalhealthcamh/parent-and-infant-relationship-service-pairs/>

Dedicated travel advice page for Rheumatology patients on injectable treatment. Prior to travelling, patients should ask their homecare provider for a letter that lists the medication they are taking.

Contact details of providers & FAQs included: <https://apps.nhsllothian.scot/refhelp/travel-advise/>

A person presenting with colorectal symptoms should not be advised bowel screening instead referred due to variation in test threshold values between symptomatic (>10 mHb/g) and asymptomatic (>80 mHb/g) patients. Related referral pathway outlined here:

<https://apps.nhsllothian.scot/refhelp/guidelines/colorectal/colorectalcancer/>

Have you watched our new RefBites on Long Covid? The short video describes the recently rolled out digital support pathway & services available for rehabilitation in Lothian. A must watch! Know more about this service & referral criteria here: <https://apps.nhsllothian.scot/refhelp/education/refbites-bitesize-learning/>

SilverCloud provides a package of online, self-guided, interactive & evidence-based modules for various conditions such as Depression & Anxiety, Generalised Anxiety Disorder (GAD), Panic, Phobia, Chronic Pain & more. Refer via Sci Gateway. For more info: Silvercloudcbt@nhs.scot

Recently updated info on HbA1c analysers & Detection of Haemoglobin variants including detailed information on Fructosamine testing and interpretation of results. Please see:

<https://apps.nhsllothian.scot/refhelp/guidelines/diabetes/hba1c-haemoglobin-variants/>

Indications and contraindications for Chlamydia testing, info on GP management (if appropriate) now on RefHelp:

<https://apps.nhsllothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/chlamydia-2/>

Useful info on urethritis and urethral discharge in men including tips on assessment, list of common causes to help diagnosis, general advice, medical management and referral information here:

<https://apps.nhsllothian.scot/refhelp/urethritis-urethral-discharge-in-men-2/>

Lymphogranuloma Venereum (LGV) is an invasive serovar of Chlamydia Trachomatis and has associations with Hep C and HIV: it can cause proctitis. It is hyperendemic in GBMSM in the UK. To know more about signs, symptoms and treatment please see:

<https://apps.nhsllothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/proctitislymphogranuloma-venereum-2/>

New page on Chalmers Clinical Pathway for Mycoplasma Genitalium. Information includes clinical indications for testing and PIL. Treatment and test of cure done at Chalmers.

<https://apps.nhsllothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/mycoplasma-genitalium-2/>

HIV PrEP and PEPSE pages recently updated on RefHelp. Please see the detailed referral pathway and guidelines here:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/hiv/hivpreppepe/>