

## RefTweets – April 2026

95% of people with Hodgkin's Lymphoma present with lymph node involvement. Detailed list of clinical features and investigations to be done is outlined on our new Lymphoma page. Please see here: <https://apps.nhsllothian.scot/refhelp/lymphoma/>

RefHelp's Cytosponge page renamed to Capsule Sponge. Please see the recently updated page here: <https://apps.nhsllothian.scot/refhelp/guidelines/gastrointestinal/capsulesponge/>

As per Scottish Cancer Referral Guidance, if weight loss is unintentional & >5% of body weight, then it is acceptable to include a strong clinical suspicion of weight loss in your referral. Detailed referral advice here:

<https://apps.nhsllothian.scot/refhelp/guidelines/medicineoftheelderlygeriatrics/weightloss/>

New page on Breast Cancer added to RefHelp outlining key information for primary care practitioners on diagnosis, referral, contacts, post-surgery complications, post radiotherapy skin changes, bone health, managing menopausal symptoms, and much more:

<https://apps.nhsllothian.scot/refhelp/breast-cancer/>

Please see advice on management of post radiotherapy skin reactions in breast cancer patients. Also, included is a useful guide for post-surgery arm exercises:

<https://apps.nhsllothian.scot/refhelp/post-radiotherapy-skin-care-for-breast-cancer-patients/>

NHSL Dermatology department will be implementing updated Scottish Referral Guidelines for Suspected Cancer from 16th March 2026. Suspected melanomas/SCCs/high risk BCCs should be referred as USOC & you will find related new SCI Gateway referral proformas.

<https://apps.nhsllothian.scot/refhelp/guidelines/dermatology/>

Please note all lesion referrals to Dermatology should be accompanied by a good quality photograph. Info on attaching photos to referrals here:

<https://apps.nhsllothian.scot/refhelp/guidelines/dermatology/attaching-photos-to-referrals/>

When there are technical barriers to sending a photograph, please use Medical Photography Exceptions Pathway to refer the patient to Lauriston Building for a photo. Once the patient has attended, you will be notified so you can then refer to Dermatology.

<https://apps.nhsllothian.scot/refhelp/photo-exception-pathway/>

Malignant Melanoma (MM) is twice as likely to develop as a new lesion than develop in an existing mole. Info on diagnostic tips, assessing risk factors, images to help diagnosis, and referral details included on the new MM page here:

<https://apps.nhsllothian.scot/refhelp/melanoma/>

New page on Basal Cell Carcinoma including clinical features, images to help diagnosis, criteria for removal in primary care, and clearly outlined referral guidelines:

<https://apps.nhsllothian.scot/refhelp/basal-cell-carcinoma/>

Guidance document on lab sample requesting in the event of electronic order system downtime added to RefHelp: <https://apps.nhsllothian.scot/refhelp/guidelines/laboratoryservices/> A contingency arrangement when the ICE/GP Order comms will be unavailable during the ICE system upgrade scheduled for 22 April 8am -5pm.

Around 23% of skin cancers are Squamous Cell Carcinomas and upto 5% metastasise. New page added on SCC covering risk factors, differential diagnosis, referral guidelines, and useful

resources & links such as PILs. Please visit the new page here:

<https://apps.nhsllothian.scot/refhelp/squamous-cell-carcinoma/>

New section added to RefHelp Paediatrics on Surgical Emergencies covering Appendicitis, Incarcerated Hernia, Intussusception, Malrotation, & Testicular Torsion. More details about clinical features, differential diagnosis, & referral guidelines here:

<https://apps.nhsllothian.scot/refhelp/surgical-emergencies/>

Some patients may still be suitable for an Urgent Suspicion of Cancer referral despite a normal CXR. For specific referral criteria please see recently updated lung cancer page:

<https://apps.nhsllothian.scot/refhelp/guidelines/respiratory/lungcancer/>