

RefTweets Aug 2024

Check out the detailed flowchart outlining the guidance for both unilateral and bilateral loin pain: <https://apps.nhsllothian.scot/refhelp/guidelines/urology/loinpain/>

Updated information on Bartholin's Cysts and Abscesses including treatment options, medication and referral criteria. Please see here:

<https://apps.nhsllothian.scot/refhelp/guidelines/gynaecology/bartholinscystsandabscesses/>

Valproate is now contraindicated in women of childbearing age for migraine. Please see detailed advice on management of migraine/chronic headache in pregnancy including preconception counselling, acute treatments and preventative therapies:

<https://apps.nhsllothian.scot/refhelp/guidelines/neurology/headache/migraine-chronic-headache/migraine-chronic-headache-in-pregnancy/>

Chest wall deformity (Pectus Excavatum and Pectus Carinatum) is dealt with by a national service based at RHC Glasgow. They are happy to take referrals directly from General Practice. See

<https://apps.nhsllothian.scot/refhelp/guidelines/paediatricsurgery/> and <https://www.chestwallservice.scot.nhs.uk/>

Patients with elevated glucose/HbA1c levels & no prior h/o diabetes should have a urine test for ketones regardless of age. If ketonuria detected especially in those unwell/losing weight, promptly discuss with on-call diabetes registrar on the same day.

<https://apps.nhsllothian.scot/refhelp/guidelines/diabetes/diabetes-diagnosis/>

Lothian Work Support Services (LWSS) is a single point of access OT led service for anyone struggling with their health at work. Referrals accepted for mental & physical health conditions, & for any bio psycho social reason arising from a health condition. <https://apps.nhsllothian.scot/refhelp/lothian-work-support-services-lwss/>

The adult Orthopaedic team have recently reviewed and published their Knee section and is now in the process of reviewing the remaining sections. To view updated knee pages please visit:

<https://apps.nhsllothian.scot/refhelp/guidelines/orthopaedics/knee/>

Suspected Huntington's Disease in the context of a movement disorder/neurological disability refer to neurology movement disorder clinic/general neurology. Known symptomatic patients wishing ongoing support refer to Huntington's Disease management clinic.

<https://apps.nhsllothian.scot/refhelp/guidelines/neurology/huntingtonsdisease/>

Community Perinatal Mental Health Team can only accept referrals for women who are, or will be, the primary carer for the baby. More info about the service and referral guidance here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/perinatalmentalhealth/perinatalmentalhealthcommunityteam/>

RefHelp's Adult Weight Management section has been recently updated including information on referral criteria, service contact details and useful resources. Please see more info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/dietetics/weightmanagementserviceadult/>

Weight Management, Let's Prevent Diabetes & Diabetes Remission Services now have their own dropdown option on Sci Gateway. The referral pathway will be: AHP-Dietetics > Weight Management > LI (one of the services mentioned above)

Referral info here:

<https://apps.nhslothian.scot/refhelp/guidelines/dietetics/weightmanagementserviceadult>

Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND) is an educational programme for those newly diagnosed with Type 2 Diabetes. Self-referral options available. More details on referral guidance and useful resources here:

<https://apps.nhslothian.scot/refhelp/guidelines/dietetics/weightmanagementserviceadult/desmond/>