

RefTweets – August 2026

RefHelp has new guidance on Cystic Fibrosis Genetic testing. It details the criteria for testing and is there to support GPs who wish to undertake this testing in Primary Care. Detailed info here: <https://apps.nhsllothian.scot/refhelp/cystic-fibrosis-carrier-testing/>

In most cases of chronic diarrhoea in children, provided growth is good & absence of red flags, no further investigation is required. Follow-up to review the trend of symptoms and growth is advisable. More info for primary care & families here:

<https://apps.nhsllothian.scot/refhelp/chronic-diarrhoea/>

Our updated vasectomy page gives lots of new information for patients on what to expect, and for clinicians on possible post-operative symptoms and how to manage those:

<https://apps.nhsllothian.scot/refhelp/guidelines/sexualreprohealth/contraception/vasectomy/>

Scottish Mental Health Service for Deaf People provides specialist support throughout Scotland but is hosted by NHS Lothian. Details about the services offered and referral guidelines here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/mentalhealthpsychologyot herservices/mentalhealthservicesfordeafpeople/>

New page on gynaecomastia in children or young people outlining initial assessment, investigations to consider, referral guidelines including Sci Gateway or email advice options for interpreting blood test results. More details here:

<https://apps.nhsllothian.scot/refhelp/gynaecomastia-in-children-or-young-people/>

Lothian Parent & Infant Relationship Service (PAIRS) is currently open to referrals ONLY in the commencement sites of Edinburgh (all) & Midlothian. The team offers a 30 – 45 min virtual consultation session for referrers if required. Referral details here:

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

The updated laboratory service page has lots of practical information to help GP staff - what blood tubes to use and what samples can be stored, what to do if electronic ordering is unavailable, the best way to contact the labs and much more. Please see:

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

CAMHS Tier 2 provides assessment, psychoeducation & signposting to children/young people who are experiencing mild to moderate mental health concerns. Please see Self Harm page for useful approaches to take in primary care with routes for local referral.

<https://apps.nhsllothian.scot/refhelp/guidelines/childandadolescentmentalhealthcamh/selfharm/>

Patients with lumbar spine problems may be referred to MSK Physiotherapy & will gain access to the full multidisciplinary NHS Lothian Integrated Back Pain Pathway. The Lumbar Spine Assessment Flowchart can be used to support clinical decision-making. See:

<https://apps.nhsllothian.scot/refhelp/guidelines/musculoskeletalphysiotherapy/lumbarspine/>

Patients with cervical spine problems may be referred to MSK Physiotherapy & will gain access to the full multidisciplinary NHS Lothian Integrated spinal Pathway. The Cervical Spine Assessment Flowchart can be used to support clinical decision-making. See:

<https://apps.nhsllothian.scot/refhelp/guidelines/musculoskeletalphysiotherapy/cervicalthoracicspine/>

Patients with Shoulder/Elbow problems refer to MSK Physiotherapy to gain access to the full multidisciplinary NHS Lothian Integrated Shoulder & Elbow service. The Assessment & Management Flowcharts can be used to support clinical decision-making. see <https://apps.nhsllothian.scot/refhelp/guidelines/musculoskeletalphysiotherapy/shoulderelbow/>

Where can you go to find a wealth of info on a number of common conditions affecting children & young people? Here! <https://children.nhsllothian.scot/health-resources/> Advice Hub created by doctors at RHCYP & all Patient Info Leaflets are NHSL approved. Useful for parents, caregivers & professionals alike!