

RefTweets –August 2023

Rapid Access Respiratory Clinic RIE page now renamed as RIE Respiratory Hot Clinic. The page hosts information about the service and referral guidelines. Please see detailed info here:

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

Silver cloud is a cCBT programme aimed at parents/caregivers who are experiencing (or at risk of experiencing) subthreshold symptoms or clinical depression and/or anxiety during the time of pregnancy and one-year post birth. <https://apps.nhsllothian.scot/refhelp/guidelines/ccbt-for-perinatal-wellbeing/>

cCBT Chronic Pain with Depression or Anxiety is a programme for people with mild to moderate symptoms of depression and anxiety who are living with Chronic Pain. Please see Referral guidance and useful Patient information leaflets here:

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

New Sci Gateway pathway for an ultrasound referral for asymptomatic abnormal LFTs gone live on 7th Aug 2023. Check out the #RefHelp page for full guidance on investigations and management including a flowchart to help decide whether to refer or not.

<https://apps.nhsllothian.scot/refhelp/guidelines/radiology/asymptomatic-abnormal-lfts/>

Eligibility Criteria for IVF and ICSI are more rigorous than those for other fertility treatments. Please see access criteria for NHS IVF treatment in Scotland on #RefHelp here:

[https://apps.nhsllothian.scot/refhelp/FertilityReproductiveEndocrinology/in-vitro-fertilisation-\(ivf\)#tabs-1](https://apps.nhsllothian.scot/refhelp/FertilityReproductiveEndocrinology/in-vitro-fertilisation-(ivf)#tabs-1)

Check out the referral guide that provides advice on which patients should be referred to Reproductive Endocrinology on #RefHelp here:

<https://apps.nhsllothian.scot/refhelp/Endocrinology/ReproductiveEndocrinology>

Those who wish to achieve remission of Diabetes can be referred to the two-year intensive weight loss programme called 'Counterweight Plus'. Please see detailed information on RefHelp's new Diabetes Remission page here: <https://apps.nhsllothian.scot/refhelp/diabetes-remission/>

Raynaud's can be primary or secondary; transient and variable or fixed. Please see updated information on this phenomenon with details about referral pathway, primary care management and useful resources and links: <https://apps.nhsllothian.scot/refhelp/raynauds-phenomenon/>

Useful info on initial management of microalbuminuria and proteinuria in diabetes on #RefHelp's Diabetes CKD page. If there is progressive worsening of CKD with rising proteinuria in a patient with modifiable risk factors please refer. More info here: <https://apps.nhsllothian.scot/refhelp/diabetes-ckd/>

Community Podiatry self-referral form updated. To access the new form please visit:

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

Patient presenting with scrotal swelling or testicular pain? Useful information on assessment, criteria for ultrasound, referral guidance to Radiology, differential diagnosis, onward referral to Urology including pain management advice. More details here:

<https://apps.nhslothian.scot/refhelp/guidelines/scrotolconditions/>

Please check out the child protection referral flowchart with updated key contacts for child protection advisors here: <https://apps.nhslothian.scot/refhelp/guidelines/child-protection/>

Neurology Covid-19 page is removed from RefHelp. Dept of Clinical Neurosciences no longer offers assessment for post Covid cognitive symptoms. Patients with focal neurological symptoms attributed to Covid 19 should be referred via the general neurology pathway & will be eTriaged.

iThrive is an online space for mental health and wellbeing information in Edinburgh. It includes a directory of services, self help resources, news & events, peer community and a stories section. Find the right support for your patient here: <https://apps.nhslothian.scot/refhelp/guidelines/ithrive-edinburgh/>