

## RefTweets December 2023

On World AIDS Day in support to raise awareness, RefHelp launches RefBites on HIV Indicator Conditions. A collaborative effort by Dr Naomi Bulteel, Consultant in ID & our Referrals Advisor. The video is interesting, informative & insightful...a must watch!

<https://apps.nhslothian.scot/refhelp/education/refbites-bitesize-learning/>

From 1st Dec 2023 to 31st March 2024 over weekends (8am-5pm Only) LUCS GPs can refer ANY frail patient in own home or care home who meets the referral criteria to Out of Hours H@H services.

Detailed infographic with referral information & criteria here:

<https://apps.nhslothian.scot/refhelp/guidelines/admissionsurgentcare/edinburgh-hscp/out-of-hours-hh/>

New information on outpatient clinic referrals to the General Medicine department based at WGH now added to RefHelp. Please see more details here:

<https://apps.nhslothian.scot/refhelp/guidelines/generalmedicine/generalmedicinewgh/>

Everything you ever wanted to know about the Menopause and HRT - all your FAQs answered:

<https://apps.nhslothian.scot/refhelp/menopause-and-hrt/>

Male patient with genital skin conditions? Could be infection, exacerbation of contact dermatitis or an isolated genital condition requiring further input. To know whether to refer or not please see:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/genital-skin-conditions/male-genital-skin-symptoms/>

RefHelp's eBulletin winter edition is out! This issue has interesting news and updates about Menopause & HRT, BPPV, Clinical Genetics, Maternity, MSK Physio, Diabetes and much more including a quiz and a guest writer too! In short...a must read!

<https://apps.nhslothian.scot/refhelp/news/refnews/>

New RefHelp guidelines on Trichomonas Vaginalis signs and symptoms, testing, GP management and referral information:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/trichomonas-vaginalis/>

Syphilis - when should we be thinking of testing? Please see our guide to syphilis serology and related referral information here:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/syphilis-2/>

The November RefTalks webinar recording on Hot Topics in Pregnancy is now available on RefHelp:

<https://apps.nhslothian.scot/refhelp/education/reftalks/> Please don't forget to leave a feedback to help us further improve these talks: <https://forms.office.com/e/7MnihHPT0Z>

New information on genital ulcers regarding diagnostic symptoms, appropriate testing, treatment and patient information leaflet for genital herpes simplex. All available on RefHelp:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/genital-ulcers-2/>

Diagnosis, management and referral guidelines for female genital skin conditions including key patient advice leaflets here:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/genital-skin-conditions/female-genital-skin-symptoms/>

Risk calculator score no longer mandatory on SCI Gateway. Encouraging GPs to still estimate scores as it will help with referral, triaging & reassure low risk patients. The new SCI Gateway goes live today! Details of amended approach outlined here: <https://apps.nhslothian.scot/refhelp/neck-lump-and-throat-cancer-risk-assessment/>

Guidance for asymptomatic and symptomatic testing for Gonorrhoea with detailed referral information is now on RefHelp:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/gonorrhoea-2/>

Detailed guidance on managing female patients with pelvic pain symptoms. RefHelp page includes useful info on assessment, differential diagnosis, aetiological factors, management, referral contacts and PIL:

<https://apps.nhslothian.scot/refhelp/guidelines/sexualreprohealth/sexuallytransmittedinfectionssti/pelvic-pain-pid/>

"Potentially confusing roll out timetable which the new guidance addresses on the Shingles Vaccine: <https://apps.nhslothian.scot/refhelp/guidelines/paediatric/vaccination-services/shingles-vaccine/>

Acutely mentally unwell individuals, in crisis, who may need a hospital admission or intensive home treatment can be referred to the Edinburgh Mental Health Assessment Service (MHAS) . Please see service info and referral guidelines here:

<https://apps.nhslothian.scot/refhelp/guidelines/mentalhealthadult/emergenciesmentalhealthadults/edinburgh-mental-health-emergencies-mhas/>

Patients with acute psychiatric needs, who require same day assessment and who cannot wait for urgent referral to standard locality services. Please see Emergencies Mental Health (Adults) pages for details on the appropriate HSCP service:

<https://apps.nhslothian.scot/refhelp/guidelines/mentalhealthadult/emergenciesmentalhealthadults/>

New page on Animal Bites and Rabies risk added to RefHelp's Infectious Diseases section. It is crucial to distinguish between the pre-exposure vaccination and post-exposure treatment as the pathways differ. More details here: <https://apps.nhslothian.scot/refhelp/guidelines/infectiousdiseases/animal-bites-and-rabies-risk/>

Those at risk of metabolic derangement or cardiovascular collapse, where weight loss is rapid and severe – may need immediate intervention to avoid potential loss of life. Please see referral details on Eating Disorder CAMHS here:

<https://apps.nhslothian.scot/refhelp/guidelines/paediatric/childandadolescentmentalhealthcamh/eatingdisorderscahms/>