

RefTweets – February 2025

Breast thrush while breastfeeding typically affects both breasts. Mother & baby should be treated together, even if no visible in baby. See Refhelp for more details.

<https://apps.nhsllothian.scot/refhelp/guidelines/pregnancy/breast-feeding-problems/breastfeeding-thrush/>

The Paediatric MSK Physiotherapy Service at RHCYP offers assessment for children up to 16 from Edinburgh, Midlothian, and East Lothian. Referrals can be made via SCI Gateway. See <https://apps.nhsllothian.scot/refhelp/guidelines/paediatrics/paediatric-physiotherapy-msk/> for details.

Children with rapidly enlarging, asymmetrical tonsils, new onset of obstructive symptoms & systemic symptoms (< 6 weeks duration) should be referred to ENT & Paediatric/haemato-oncology. Consider urgent discussion with on call team. Red flags listed here:

<https://apps.nhsllothian.scot/refhelp/guidelines/paediatrics/paediatric-ent/tonsils-paediatrics/tonsillar-asymmetry-paediatric/>

Rapid Response Team (RRT) is an Edinburgh wide community mental health crisis team for older adults. Patients must be seen by referrer within 24-48 hours prior to referral, and delirium excluded. Please telephone the service prior to sending in a referral.

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/older-peoples-mental-health/olderpeoplesmentalhealthedinburgh/rapidresponseteamedinburgh/>

NHS Lothian's psychodynamic service is based at Royal Edinburgh Hospital. The service offers therapeutic consultation for patients, case consultation, and reflective practice for clinicians. Further info on referral criteria & treatment offered here:

<https://apps.nhsllothian.scot/refhelp/psychodynamic-therapy/>

Scottish Infected Blood Psychology Service (SIBPS) offers psychological therapies & emotional support to individuals who received contaminated blood/blood products through NHS procedures in Scotland. Referral guidelines & patient information leaflet here:

https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/mentalhealthpsychologyot_herservices/scottishinfectedbloodpsychologyservice/

New Paediatric RefHelp page on microcytosis and microcytic anaemia outlining diagnosis, referral criteria, investigations, and useful resources. Please see more details here:

<https://apps.nhsllothian.scot/refhelp/guidelines/haematology-paediatric/microcytosis-and-microcytic-anaemia-paediatric/>

Sacral dimples are usually minor congenital abnormalities. Rarely, dimples can be associated with Occult Spinal Dysraphism (OSD). See:

<https://apps.nhsllothian.scot/refhelp/guidelines/paediatrics/medical-paediatrics/sacral-dimples/> our new page on sacral dimples to identify red flags and which infants to refer

A new page on Vulvovaginitis in prepubertal girls outlining primary care management and a useful patient information leaflet has been added to the RefHelp website.

<https://apps.nhsllothian.scot/refhelp/guidelines/paediatrics/medical-paediatrics/vulvovaginitis-in-prepubertal-girls/>