

## RefTweets – February 2026

New page added to Dermatology on Using the Consultant Connect app outlining advice on how to use the app, troubleshooting, and FAQs : <https://apps.nhsllothian.scot/refhelp/using-the-consultant-connect-app/>

New page on Unscheduled bleeding on HRT added to RefHelp's Gynaecology section. Information includes guidance on troubleshooting HRT, updated patient pathways, and referral guidelines: <https://apps.nhsllothian.scot/refhelp/unscheduled-bleeding-on-hrt/>

Updated information on attaching photos to referrals with guidance for image capture and quality: <https://apps.nhsllothian.scot/refhelp/guidelines/dermatology/attaching-photos-to-referrals/>

Free, full-day “Carer Champions” training for all Health & Social Care staff in 2026 to empower these Champions to support, refer and signpost carers. It will also enable participants to cascade information to their colleagues. For dates, bookings, and enquiries please see: <https://apps.nhsllothian.scot/refhelp/guidelines/edinburgh-carer-support/>

CAMHS Unscheduled Care Services is an emergency mental health assessment service available 7 days per week 7.30 am – 8.30 pm and overnight Sat – Tue. Out with these times, emergency assessments are carried out by the doctor on call for CAMHS. More details: <https://apps.nhsllothian.scot/refhelp/guidelines/childandadolescentmentalhealthcamh/camhs-unscheduled-care-service/>

OCD can be episodic & symptoms can be random & change over time with no clear pattern making initial identification difficult. Important to be aware of possible co-existing presence of OCD within autistic CYP as it is frequently missed. See referral info: <https://apps.nhsllothian.scot/refhelp/guidelines/childandadolescentmentalhealthcamh/obsessivecompulsivedisordercamhs/>

Recently updated page on Psychosis (CAMHS) outlining epidemiology & presentation, differential diagnosis, tips for initial assessment & management, and criteria for urgent referrals: <https://apps.nhsllothian.scot/refhelp/guidelines/childandadolescentmentalhealthcamh/psychosiscamhs/>

Most people with BPPV will recover within a few weeks of onset of symptoms. The Brandt-Daroff exercises may help. NHSL 's Audiology service have recently updated the leaflet with information and an exercise guide. Please see here: <https://apps.nhsllothian.scot/refhelp/guidelines/audiology/bppvbenignparoxysmalpositionalvertigo/brandtdaroff/>