

RefTweets Jan 2025

The NHS routinely offers breast reconstruction as part of breast cancer care. This procedure can either be carried out at the time of mastectomy in a single surgery or postponed until all cancer treatments have been completed. For further information regarding the referral guidelines visit:

<https://apps.nhsllothian.scot/refhelp/guidelines/plasticsurgery/breastreconstruction/>

LASER treatment can be used for some benign pigmented or vascular lesions, tattoos, red scars, acne scarring, hirsutism, and hair removal. Referrals can be made to the plastic team at SJH, for further information check

<https://apps.nhsllothian.scot/refhelp/guidelines/plasticsurgery/lasertreatments/>

Check out these useful videos that referrers can direct patients to when having colorectal investigations: <https://apps.nhsllothian.scot/refhelp/guidelines/colorectal/colorectalcancer/>

West Lothian Mental Health Services assess & treat people aged 18-64 with mental health issues impacting their quality of life. Services are stratified according to severity, matched to the level of need & illness. Indications for referral included here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/mentalhealthlocalityservicesadult/west-lothian-mental-health-services/>

National digital dermatology programme is coming soon & will be rolled out to all practices by end of Jan 2025. Consultant Connect app will be downloadable onto your phone from Apple/Google Play stores & will provide 'pass-through' image capture. Details:

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

Check out the consensus statement for the management of tonsil stones and indications for tonsillectomy here:

<https://apps.nhsllothian.scot/refhelp/guidelines/entadult/throat/tonsillectomy/tonsilstonesadults/>

Lothian Psychological Therapy Services are not crisis services and do not provide urgent assessment or treatment appointments. Details about the services offered, helpful screening tools, referral guidelines & useful contact details included on #RefHelp:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/mentalhealthpsychologyotherservices/psychological-therapies-services-pts/>

Check out the new page on 'Sci Gateway Tips' for primary care referrers on RefHelp:

<https://apps.nhsllothian.scot/refhelp/sci-gateway-tips/>

Please see helpful information on GP IT Contingencies when Sci Gateway, Vision, EMIS PCS and AdAstra (OOH) are unavailable. The outages are relatively rare and infrequent but when it occurs, we recommend you follow the advice mentioned here:

<https://apps.nhsllothian.scot/refhelp/gp-i-t-contingencies/>

Managing Restless Leg Syndrome (RLS) with drug therapy is challenging. International Restless Legs Scale can be helpful for assessing severity or treatment response. For further information check: <https://apps.nhsllothian.scot/refhelp/guidelines/neurology/restless-legs-syndrome-rls/>