

## RefTweets Jan 2026

Chronic Symptoms after Infection Clinic is a Lothian-wide service for patients who have been given & accepted a diagnosis of Long Covid, ME/CFS, or Post-Viral Fatigue Syndrome. The service is rehabilitative & time limited. For referral criteria see here:

<https://apps.nhsllothian.scot/refhelp/chronic-symptoms-after-infection-clinic/>

New page on Prolactin outlining common causes for elevated levels, clinical indication for measurement, practical guidance for interpreting results including high suspicion of hyperprolactinaemia. For detailed info and referral guidelines please see here:

<https://apps.nhsllothian.scot/refhelp/prolactin/>

Radiological investigations in NHS Lothian are available at Central and Community sites. Different modalities are available at different sites. Please find updated info on service contact details, referral guidelines, & USOC imaging pathways here:

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

Radiology Pages are being updated to make them easier to navigate. Find info here <https://apps.nhsllothian.scot/refhelp/ct-kub-for-acute-renal-colic/> on how to request an urgent CT KUB for expedited investigation of acute renal colic. This pathway accompanies overall guidance for assessment & investigation of Loin Pain.

The Radiology Pages on RefHelp are being updated to make them easier to navigate. The difficult to read pop ups have been removed and has been replaced with a helpful expanded section under Primary Care Management:

<https://apps.nhsllothian.scot/refhelp/guidelines/radiology/plain-x-rays/>

The Radiology Pages on RefHelp are being updated to make them easier to navigate. You can now find information <https://apps.nhsllothian.scot/refhelp/nuclear-medicine-bone-scan/> on how to refer to the WGH for a Bone Scan for patients who have suspected bony metastatic disease or unexplained bone pain when plain x-rays have not been helpful

If pain is controlled & known history of stones, GP refers to Urology for review at Scottish Lithotripter Centre, who will arrange imaging tailored to the patient. CT KUB is not routinely necessary due to a risk of significant cumulative radiation doses:

<https://apps.nhsllothian.scot/refhelp/guidelines/urology/loinpain/>

Guided Self Help is provided by two different organisations, which cover Lothian (except East Lothian). For those living in Edinburgh & Midlothian – provided by Health in Mind and those in West Lothian – provided by Living Life. Referral details here:

<https://apps.nhsllothian.scot/refhelp/guided-self-help/>

New RefHelp page on CAMHS Anxiety online resources for Parents and Carers including helpful links to cCBT modules, workshops, workbooks, relaxation exercises, information sheets, & much more! Please see full details here: <https://apps.nhsllothian.scot/refhelp/camhs-anxiety-online-resources-parents-and-carers/>