

## RefTweets – July 2025

Incretin based therapies could reduce exposure to oral progestogens used as part of HRT & compromise the essential endometrial protection the progestogen confers. Prescriber MUST advise the user about interactions with other medications. More advice here:

<https://apps.nhsllothian.scot/refhelp/hrt-and-incretin-based-therapies-glp-1-gip-ras/>

Lothian Eating Disorders Service (LEDS) is a specialist outpatient service for patients >18yrs with an eating disorder diagnosis. It offers a variety of psychotherapeutic techniques dependent on individual needs. Detailed info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/eating-disorders-adult/>

Patients with clinically significant isolated neck nodes should be referred directly to ENT neck lump clinic for consideration of biopsy. They do not need additional referral to Haematology - please see RefHelp's Lymphadenopathy page:

<https://apps.nhsllothian.scot/refhelp/guidelines/haematology/lymphadenopathy/>

Patients should have an X-ray of the affected joint(s) confirming severe osteoarthritis prior to referral for hip or knee arthroplasty. For further guidance, please refer to the Arthroplasty RefHelp page: <https://apps.nhsllothian.scot/refhelp/guidelines/orthopaedics/arthroplasty/>

New page on Avoidant Restrictive Food Intake Disorder (ARFID) added to RefHelp's Mental Health (Adult) section. Referral guidelines along with a screening tool for clinicians & clear red flag indications for urgent referral included. Please see:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/eating-disorders-adult/avoidant-restrictive-food-intake-disorder-arfid/>

Patients with clinically significant isolated axillary nodes should be referred directly to the Breast Clinic for further management. No need for dual referral to haematology, now outlined on: <https://apps.nhsllothian.scot/refhelp/guidelines/haematology/lymphadenopathy/>

Two specialist lymphoedema services in Lothian: a Pan-Lothian Primary Care Service with clinics in Wester Hailes & East Lothian, & a Cancer Centre Service at the Western General Hospital for eligible cancer patients under the Edinburgh Cancer Centre. See

<https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/lymphoedemachronicoedema/>

Biochemistry services include laboratory-based and clinical support services. More information on add on tests and service contact details mentioned here:

<https://apps.nhsllothian.scot/refhelp/guidelines/laboratoryservices/biochemistry/>

Migraine aura is most commonly visual, affects ~ 1/3 of migraine sufferers & typically lasts 5–60 minutes. Brain imaging is not usually needed for typical aura and treatment is often limited. See

<https://apps.nhsllothian.scot/refhelp/migraine-aura/>

Lothian Community Neuro Physio Service offers rehab for adults with neuro conditions across Edinburgh. Clinics & home visits available. Must be 16+, with neuro diagnosis/symptoms & live in Edinburgh or Midlothian. Please see link for more info:

<https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/neurorehabilitation/lothian-community-neurological-rehab-service-physiotherapy/>

FES Clinic at AAH supports neuro patients with foot drop using ODFS PACE device - an electrical stimulator that activates ankle muscles during walking. A personalised alternative to ankle foot orthosis, for intact peripheral nerves post-stroke, MS, CP. See

<https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/neurorehabilitation/functional-electrical-stimulation-fes-clinic/>

Lothian Community Neuro Rehab OT Service helps people with neurological conditions regain daily function and independence through tailored, occupation-focused support across all of Lothian. For further information including referral guidelines, see <https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/neurorehabilitation/occupational-therapy-lcnrs-ot/>

Burning feet are most commonly idiopathic. Unlike, peripheral neuropathy, these tend to be intermittent or only at night/when walking. For more information including other causes of burning pain, see <https://apps.nhsllothian.scot/refhelp/guidelines/neurology/burning-legs/>