

RefTweets March 2025

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/>

SLT intervention contributes to improved outcomes for individuals with a range of speech, language, communication and swallowing needs associated with post-COVID illness. See our new RefHelp page on SLT Post-Covid syndrome for more details:

<https://apps.nhsllothian.scot/refhelp/guidelines/speechandlanguagetherapy/slt-post-long-covid-symptoms/>

Referral Guidelines for Physiotherapy Led Chronic Pain Management Service has been recently updated. Please view the page here:

<https://apps.nhsllothian.scot/refhelp/guidelines/musculoskeletalphysiotherapy/chronic-msk-pain-local-services/>

Paediatric Psychology & Liaison Service (PPALS) accept referrals from professionals based within RHCYP/SJH Paediatrics/CAMHS. Other clinicians can contact the team about referrals provided the child/young person is under the care of a Paediatric consultant

<https://apps.nhsllothian.scot/refhelp/guidelines/childandadolescentmentalhealthcamh/paediatric-psychology-and-liaison-service-ppals/>

Gestational DM is still diagnosed using OGTT, which is now the only situation for performing an OGTT in primary care (fasting glucose ≥ 5.3 mmol/l and/or 2hr glucose ≥ 9.0 mmol/l). See

<https://apps.nhsllothian.scot/refhelp/gestational-diabetes/> for further information

The Medical Paediatric RefHelp page continues to be updated with referral information for various conditions being added. See new “Resources and Links” tab on the landing page for new list of invaluable resources for GPs and parents.

<https://apps.nhsllothian.scot/refhelp/guidelines/paediatrics/medical-paediatrics/>

Please note even mild abnormalities in APTT now need actioned due to changes in the reagent, please see detailed info here: <https://apps.nhsllothian.scot/files/sites/2/APTT-Change-in-Detection-Levels-March-2025.pdf>

The ME-CFS Rehabilitation Service supports patients with ME/CFS, PVFS, and Post COVID Syndrome where fatigue is the primary symptom. For details on the service and referrals, visit <https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/chronicfatiguesyndromeme/me-cfs-chronic-fatigue-rehabilitation-service/>

Quit Your Way NHS Lothian offers expert advice and support for anyone in Lothian looking to quit smoking. Referrals can be made through SCIGw by GPs or directly by patients. For more information, visit: <https://apps.nhsllothian.scot/refhelp/guidelines/stop-smoking-support/>