

RefTweets – March 2026

Bridge Builders are volunteers who can meet patients at Edinburgh-based clinics or hospitals if they might benefit from extra support to attend & engage with outpatient appointments. Patients can self-refer PIL included! More info here: <https://apps.nhslthian.scot/refhelp/bridge-builders-programme/>

Updated information for all Healthcare professionals regarding NHS Near Me. Some libraries in Lothian have quiet, private rooms where people can use Near Me. The staff there can help if support is needed. More info here: <https://apps.nhslthian.scot/refhelp/nhs-near-me/>

Recently updated information about the Serious Offenders Liaison Service (SOLS). Any potential referral should be discussed with SOLS staff first. Advice on who to refer & what happens after referral included. For detailed info & service contact see here: <https://apps.nhslthian.scot/refhelp/guidelines/mentalhealthadult/forensicpsychiatry/serious-offenders-liaison-service-sols/>

Virtual Clinic Advice RefHelp page now renamed to Telephone Interpreting Service. Please see revised page here: <https://apps.nhslthian.scot/refhelp/education/virtual-clinic-advice/>

Patients with progressive diabetes CKD with rising proteinuria & modifiable risk factors can be referred to Joint Renal Diabetes Clinics for intensive multifactorial intervention to help prevent progression to stage 4 CKD. Management & Referral info here: <https://apps.nhslthian.scot/refhelp/guidelines/diabetes/diabetes-ckd/>

Guidance document on lab sample requesting in the event of electronic order system downtime added to RefHelp: <https://apps.nhslthian.scot/refhelp/guidelines/laboratoryservices/>

Temporary non-availability of Helicobacter Pylori test kits, so a pause on submitting any samples to Lothian laboratories until further notification. Kits should become available again after 8th April 2026, but clinicians will be informed once this happens. <https://apps.nhslthian.scot/refhelp/guidelines/gastrointestinal/helicobacter-pylori/>

Adults aged 18–65 years who have been diagnosed with Type 2 diabetes within the past 0–6 years can be referred to either the National or Local Type 2 Diabetes Remission programme through SCI Gateway. For full details on the referral process, please see <https://apps.nhslthian.scot/refhelp/guidelines/diabetes/diabetes-remission/>

Scottish Driving Assessment Service is a Scotland wide NHS service, recognised by DVLA, providing fitness to drive assessments & driving adaptation recommendations. Located at SMART Centre @ AAH accept direct referrals from DVLA & NHS health professionals. <https://apps.nhslthian.scot/refhelp/guidelines/rehabilitation/scottish-driving-assessment-service/>

Radiotherapy commonly causes a skin reaction within the treated area. Breast cancer patients are considered at higher risk of skin changes and are routinely given creams to use throughout treatment & for two weeks afterward. Management & Referral info: <https://apps.nhslthian.scot/refhelp/post-radiotherapy-skin-care-for-breast-cancer-patients/>