

## RefTweets May 2023

Helpful information on PCOS such as diagnosis, interpretation of blood results, referral guidelines and primary care management. Please see #RefHelp: <https://apps.nhsllothian.scot/refhelp/guidelines/polycysticovarysyndrome/>

Please note that the eligibility criteria for Referral for IVF and ICSI are more rigorous than other fertility treatments. Refer to the access criteria for NHS IVF Treatment in Scotland here:

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

A simple guide which will allow safe reassurance of most patients with bleeding from mouth and throat. Please only refer once the mouth has been thoroughly examined and a dental opinion sought. More Info here:

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

From today - 11th of May, GPs can refer to Community Perinatal Mental Health Team – RefHelp (nhsllothian.scot) at St Johns on SCI Gateway. There are options for pre-conception advice too

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

Beating the Blues is gradually being withdrawn from Lothian as we move fully to SilverCloud. Keep up with the changes on our cCBT page: Computerised Cognitive Behavioural Therapy – RefHelp (nhsllothian.scot)

<https://apps.nhsllothian.scot/refhelp/guidelines/computerised-cognitive-behavioural-therapy-cbt/>

Referral information and risk assessments for different types of hoarseness here:

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

Check out the recently updated useful guidance on Vitamin B12 deficiency. Info about diagnosis, investigations, primary care management of a wide range of clinical scenarios, and referral guidelines.

<https://apps.nhsllothian.scot/refhelp/guidelines/b12deficiency/>

Lyme Borreliosis advice for GPs and guidance on immediate care: <https://apps.nhsllothian.scot/refhelp/lyme-disease/>

Grapevine offers specialist expertise to empower disabled/long-term sick people to take up their rights & entitlements.

Free, confidential, accessible, independent & locally based information is provided. Option to Self-refer. To know more please visit: <https://apps.nhsllothian.scot/refhelp/guidelines/grapevinedisability/>

Self-management support for LTCs is a service suitable for people living in Edinburgh (over the age of 18) with one or more long term health conditions. Patients can self-refer if they wish. More referral details on here:

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

Check out the criteria for direct access tonsillectomy, related referral information including important patient information leaflets here: <https://apps.nhsllothian.scot/refhelp/guidelines/tonsillectomy/>

Any clinician based in South-East Scotland can request tests for hereditary haemochromatosis, whether because potentially symptomatic, or because of a family history of the condition. Molecular & Biochemical testing is recommended. To know more please see: <https://apps.nhsllothian.scot/refhelp/guidelines/hereditaryhaemochromatosis/>

Please refer to the guidelines for long term high dose steroid therapy initiated in primary or secondary care. This is designed to provide safe, practical guidance in the screening, diagnosis and management of complications.

<https://apps.nhsllothian.scot/refhelp/management-of-long-term-high-steroid-therapy/>

Important Update! Currently, referrers are asked to select “Community Child Health” from the SCI Gateway dropdown menu but as of today - Monday 5th June 2023 this will no longer be an option & instead will be replaced by “Community Paediatrics”.

Community Paediatrics is the new name for the specialty previously called Community Child Health. The related #RefHelp page has been retitled and contains new information for referrers. We hope the clarity of the new page will make it more user-friendly. <https://apps.nhsllothian.scot/refhelp/guidelines/communitypaediatrics/>