

RefTweets May 2026

Midlothian Active Choices (MAC) is a referral scheme for adults aged 18+, who are sedentary or inactive & suffer from mild/moderate mental health conditions (anxiety/depression). This is NOT a self-referral programme. Referral form & service info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/mentalhealthpsychologyot herservices/physical-activity-for-mental-health/midlothian-physical-activity-for-mental-health/>

New page on Myeloma and Monoclonal Gammopathy of Undetermined Significance (MGUS).

Please note that – unlike CRP – an ESR will be raised with a paraprotein so important to remember as a first line test. Please see referral criteria for Myeloma USC here:

<https://apps.nhsllothian.scot/refhelp/myeloma-and-mgus/>

Healthy Active Minds is a 12-week physical activity referral programme for inactive adults aged 18+ yrs living with mild to moderate depression, stress, anxiety or low mood. To know more about services offered, referral form & participant sheet see here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/mentalhealthpsychologyot herservices/physical-activity-for-mental-health/edinburgh-physical-activity-for-mental-health/>

There are two types of pneumococcal vaccinations, namely PCV13 and PCV20. PPV23 is no longer recommended for use. To read up changes to the pneumococcal vaccination programme please see: <https://apps.nhsllothian.scot/refhelp/guidelines/vaccine-services/pneumococcal-ppv-vaccination/>

New page on Haematological cancers outlining presentation, diagnosis, and referral guidelines. Patients can be referred to Western General Hospital or St. John's. More info here:

<https://apps.nhsllothian.scot/refhelp/haematological-cancers/>

New info added on acute & chronic leukaemia. For same day referral please call haematology on call. For USOC referral to haematology please see criteria

here: <https://apps.nhsllothian.scot/refhelp/leukaemia-acute-and-chronic/>

The stroke team frequently receives queries about incidental cerebrovascular or retinal findings in asymptomatic patients. To support decision-making in primary & secondary care, they have produced a factsheet which is now available on RefHelp. For further details see:

<https://apps.nhsllothian.scot/refhelp/decision-aid-for-management-of-asymptomatic-cerebrovascular-or-retinal-changes/>

"New RefHelp page on CAMHS Depression online resources for Parents and Carers including helpful links to cCBT modules, workshops, workbooks, & a shareable resource flyer! Please see full details here: <https://apps.nhsllothian.scot/refhelp/camhs-depression-online-resources-parents-carers/>

New page on Bacterial Vaginosis (BV) outlining causes, symptoms, prevention, treatment and a new approach to testing and treating partners. Please see:

<https://apps.nhsllothian.scot/refhelp/bacterial-vaginosis-bv/>