

RefTweets November 2023

East Lothian Exercise Pathway is designed to encourage and support people with a variety of long-term conditions (LTC) to integrate physical activity into their self-management, following rehabilitation, and for ongoing improved QoL. Referral Info here:

<https://apps.nhslothian.scot/refhelp/guidelines/rehabilitation/east-lothian-rehabilitation-service-els/east-lothian-exercise-pathway/>

Please see the updated self-referral form for Musculoskeletal Physiotherapy for patients within the Edinburgh HSCP. You can access the form under the Resources and Links section here:

<https://apps.nhslothian.scot/refhelp/guidelines/musculoskeletalphysiotherapy/>

Check out the post COVID referral guidelines here: <https://apps.nhslothian.scot/refhelp/post-covid-referral-guidance/>

COVID antiviral treatments for high-risk non-hospitalised patients are prescribed by a stand-alone self-referred service in Lothian. The treatment is delivered from dedicated community pharmacies.

To guide your patients please see more info here:

<https://apps.nhslothian.scot/refhelp/guidelines/covid-19/communitytreatmentsforultrahighriskpatients/>

RefHelp's Clinical Genetics section has been recently updated. The new guidelines include information on a Self-Referral Questionnaire for patients who have not had cancer and who meet any of the Family History criteria detailed on the RefHelp pages here:

<https://apps.nhslothian.scot/refhelp/guidelines/clinicalgenetics/>

Updates to the Covid 19 RefHelp section. The page attempts to bring together current COVID-19 guidance and resources. Check it out here: <https://apps.nhslothian.scot/refhelp/guidelines/covid-19/>

De Quervian's Syndrome is a painful condition that involves irritation of the two tendons (APL & EPB) that run through a tunnel on the radial aspect of the wrist. Please follow the primary care advice and guidelines for a physio referral here:

<https://apps.nhslothian.scot/refhelp/guidelines/musculoskeletalphysiotherapy/wrist-and-hand/de-quervians-physio/>

New information on medication and support for Breast feeding problems such as insufficient supply now on RefHelp: <https://apps.nhslothian.scot/refhelp/guidelines/pregnancy/breast-feeding-problems/breastfeeding-insufficient-supply/>

Recently updated new referral guidelines for Community Dietetics now available on RefHelp:

<https://apps.nhslothian.scot/refhelp/guidelines/dietetics/community-dietetics/>

New RefHelp page on Corporate Parenting. To know more please see:

<https://apps.nhslothian.scot/refhelp/guidelines/paediatric/corporate-parenting/>

West Lothian Community Physiotherapy team support patients who are unable to attend an outpatient clinic with physiotherapy input in their own environment. To know more about this domiciliary service, care offered & referral guidelines please see RefHelp:

<https://apps.nhslothian.scot/refhelp/west-lothian-community-physiotherapy-domiciliary/>

There is evidence that HIV diagnoses are delayed because clinicians don't think of HIV when they see patients with conditions where they should consider it. RefHelp now hosts a specific page on HIV

Indicator conditions. Check it out here: <https://apps.nhsllothian.scot/refhelp/hiv-indicator-conditions/>

If a patient presents within 72 hours of onset of sudden hearing loss (sensorineural) – this is an otological emergency. Patient needs to be referred same day (working hours) or following day by contacting ENT on Call via St John's, Livingston. More info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/entadult/ear/hearinglossuddensensorineural/>

RefHelp's Breast Disease pages have been recently reviewed. Please see the updated section here:

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

Useful documents on Ageing Well now added to RefHelp's MOE section. Check out the Frailty Information Resource and Poster here:

<https://apps.nhsllothian.scot/refhelp/guidelines/medicineoftheelderlygeriatrics/frailty/>

Breast Pain is the main factor in around 15% of all Breast Clinic Referrals and the risk of incidental breast cancer is 0.4%. To know more about assessment and management watch this helpful video from Mr Matthew Barber, Consultant Breast Surgeon at EBU:

<https://apps.nhsllothian.scot/refhelp/guidelines/breastdisease/breastpain/>

New information on Gynaecomastia - assessment & management including referral info for breast lumps in men. Please see the Breast Disease in Men pages on RefHelp for more details:

<https://apps.nhsllothian.scot/refhelp/guidelines/breastdisease/breast-disease-men/>

On World AIDS Day in support to raise awareness, RefHelp launches RefBites on HIV Indicator Conditions. A collaborative effort by Dr Naomi Bulteel, Consultant in ID & our Referrals Advisor. The video is interesting, informative & insightful...a must watch!

<https://apps.nhsllothian.scot/refhelp/education/refbites-bitesize-learning/>

From 1st Dec 2023 to 31st March 2024 over weekends (8am-5pm Only) LUCS GPs can refer ANY frail patient in own home or care home who meets the referral criteria to Out of Hours H@H services.

Detailed infographic with referral information & criteria here:

<https://apps.nhsllothian.scot/refhelp/guidelines/admissionsurgentcare/edinburgh-hscp/out-of-hours-hh/>