

## RefTweets November 2025

RefHelp's autumn ebulletin is out! This edition features information about the recently updated SCRG, news about the MoE pages, a peek into the recent RefTalks PLIG update and much more! A must read: <https://apps.nhsllothian.scot/refhelp/news/refnews/>

Tips for initial assessment of delayed puberty in girls including link to growth charts and criteria for referral: <https://apps.nhsllothian.scot/refhelp/guidelines/paediatrics/paediatric-endocrinology-diabetes/puberty/delayed-puberty-in-girls/>

Recently updated Laboratory services page on RefHelp has information particularly relevant to primary care including contact details, advice about specimens & results, and much more! Please see here: <https://apps.nhsllothian.scot/refhelp/guidelines/laboratoryservices/>

New page on Microbiology added to RefHelp covering details to contact the lab, for clinical advice, antimicrobial prescribing advice, infectious diseases and more: <https://apps.nhsllothian.scot/refhelp/microbiology/>

Watch the RefHelp team's presentation at the recent Grand Rounds to know "How we can assist you". The recording is available on the med.scot.nhs.uk website under 'Events'. You can get a login to access by emailing [med.website@nhsllothian.scot.nhs.uk](mailto:med.website@nhsllothian.scot.nhs.uk)

New page on Ketamine added to RefHelp outlining potential complications (immediate and urological), management, referral guidelines and much more: <https://apps.nhsllothian.scot/refhelp/ketamine/>

New page on Hyponatremia outlining referral guidelines, primary care management for potential causes, details of initial approaches & investigation, and a systematic approach to follow in a situation of diagnostic uncertainty. See flowchart & details here: <https://apps.nhsllothian.scot/refhelp/hyponatraemia/>

Please see NHS Lothian's Adult Hypomagnesaemia Guideline for Primary Care: <https://apps.nhsllothian.scot/refhelp/guidelines/laboratoryservices/hypomagnesaemia/>

Please see updated information on Lothian Abortion Referral Service (LARS) covering details about the service, referral criteria, how to refer, links to patient information leaflets and much more! <https://apps.nhsllothian.scot/refhelp/guidelines/sexualreprohealth/abortion-care/>