

RefTweets October 2024

East Lothian Falls pathway is hosted within East Lothian Rehabilitation Service (ELRS) delivered by physiotherapy practitioners & community care workers to support patients - who had a fall, at risk of falling or fear of falling. More referral info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/east-lothian-falls-pathway/>

The Sci-Gateway referral pathway for the Let's Prevent Diabetes Programme has changed. Referrals for this service should now be sent to **AHP – Dietetics – Let's Prevent Diabetes – LI Let's Prevent Diabetes**.

Prosthetics Service provides upper & lower limb treatment. Team are experienced in assessing, designing & fitting prostheses appropriate to individual patients & their lifestyle. Completed referral form can be emailed by GP, community therapist/nurse.

<https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/prosthetics-service/>

The Custom Design Service (CDS) provides custom or modified rehabilitation equipment when standard options are unavailable. It assists individuals with long-term physical impairments (lasting at least 6 months) to meet their rehabilitation goals. Equipment can be provided for use at home, work, or for leisure activities. The CDS is based at the SMART Centre at Astley Ainslie Hospital in Edinburgh, with home visits available if needed. For further information see

<https://apps.nhsllothian.scot/refhelp/guidelines/rehabilitation/custom-design-service/>

NHSL Integrated Orthopaedic Foot & Ankle Service offers multidisciplinary clinics that recommend most patients undergo a trial of non-surgical treatments first. See guidance for Achilles tendon, hallux valgus, heel pain, metatarsalgia, pes planus/cavus : <https://apps.nhsllothian.scot/refhelp/foot-and-ankle-service/>

Community DSN service is exclusively available to the City of Edinburgh. This service acts as a bridge between primary & secondary care diabetes services. You can now refer via SCI Gateway using the new dedicated pathway: AHP – Community Diabetes.

<https://apps.nhsllothian.scot/refhelp/guidelines/diabetes/diabetesedinburghcommunitydiabetesservice/>

Suspected Axial Spondyloarthritis patients should be started on NSAIDs daily & referred via Sci Gateway new protocol for AxSpA to Rheumatology if they exhibit 5/6 inflammatory back pain features, or 4/6 plus 1 additional feature listed on #Refhelp:

<https://apps.nhsllothian.scot/refhelp/guidelines/rheumatology/axial-spondyloarthritis/>

RefHelp's ebulletin Issue 14 is here! This Autumn edition has a lot of useful information highlighting new features, sections and Sci gateway changes. Also, includes latest guideline changes, upcoming webinars and much more. A must read! <https://apps.nhsllothian.scot/files/sites/2/ebulletin-14-v1.pdf>

The Sci-Gateway referral pathway for the Let's Prevent Diabetes Programme has changed. Referrals for this service should now be "AHP – Dietetics – Let's Prevent Diabetes – LI Let's Prevent Diabetes".

More information about this service here:

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

All Rheumatology referrals via SCI Gateway should be directed to Western General Hospital. For Axial Spondylosis & Giant Cell Arteritis, please follow the specific protocol. For all other cases, use the standard rheumatology referral pathway. More info:

<https://apps.nhslothian.scot/refhelp/guidelines/rheumatology-2/>

NHSL offers palliative care via various providers. Marie Curie Hospice covers Edinburgh(S), Mid & (W) Lothian. St Columba's Hospice Care serves (NE)/(NW) Edinburgh & (E)Lothian. Both operate within specific community catchment areas defined by postcode.

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

The Anti-Diabetic Therapy Guidelines for Type 2 Diabetes Mellitus has been updated with a new flowchart: <https://apps.nhslothian.scot/refhelp/guidelines/diabetes/diabetes-prescribing-guidance/>. Update includes addition of Tirzepatide (Mounjaro) as fourth-line option, requiring specialist initiation. Page features FAQs: <https://apps.nhslothian.scot/files/sites/2/FAQ-for-Tirzepatide.pdf>

St Columba's Hospice Care provides various services, including Hospice at Home, an inpatient unit, family support & wellbeing services. All referrals go through an Access Team. For professional advice please see contact details here: <https://apps.nhslothian.scot/refhelp/guidelines/palliativecare/st-columbas-hospice/>

GCA probability scoring assesses likelihood of Giant Cell Arteritis. Patients scoring >9 with visual symptoms, urgently refer to Ophthalmology. Without visual symptoms, urgently refer to Rheumatology contacting on call registrar. More useful advice here:

<https://apps.nhslothian.scot/refhelp/guidelines/rheumatology/giant-cell-arteritis/>

29.10.2024 Update - Veterans First Point Lothian Service is no longer accepting new referrals. Please refer to other mental health services or resources where indicated.

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