

RefTweets Sep 2024

IMPORTANT NOTICE - From 2nd Sep onwards all DESMOND Sci gateway referrals are to be sent to AAH now rather than SJH and WGH. The Sci pathway is **AAH > Diabetes – Type 2 Education > LI Type 2 Desmond**. Detailed referral info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/dietetics/weightmanagementserviceadult/desmond/>

Primary care teams play a significant role in identifying patients who are at high risk of diabetes but also those at moderate risk of developing diabetes. See detailed Pre Diabetes info - risk factors, investigations, management & referral criteria here:

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

Two main pathways within Lothian for people with psychological trauma to access treatment depending if it is single event or complex PTSD. Please note that patients can no longer self-refer. Voluntary Sector also offers alternatives. Detailed info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/traumaptsdadults/>

Clinical Gait Analysis Service collects & analyses gait data for adults & paedics complex neuromuscular/orthopaedic disorders (cerebral palsy, spina bifida, congenital talipes equino varus) to determine underlying causes & related treatment recommendations.

<https://apps.nhsllothian.scot/refhelp/clinical-gait-analysis-service/>

"NHSL offers two pathways for treatment of Trauma & PTSD depending on whether the person has single event or complex presentations. PLEASE NOTE patients can no longer self-refer. Check service info, diagnostic criteria, referral guidelines, resources here:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/traumaptsdadults/>

There are Support Services available for Gambling. Gamcare & RCA Trust work together to cover different areas in Lothian. There is also a 24hr helpline & Gamblers Anonymous. Patients can self refer or a GP can refer. More info under 'Resources & Links':

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/gamblingproblemsadult/>

Cyrenians homelessness prevention charity provides a service called Chances: Gambling support to help people who are homeless or at risk of homelessness into recovery from gambling harm. They cover all areas of Lothian. For more info see 'Resources' tab:

<https://apps.nhsllothian.scot/refhelp/guidelines/mentalhealthadult/gamblingproblemsadult/>

Post-op Rehab & MSK Injury management page has a range of guidelines designed to offer physiotherapy staff evidence-based recommendations aimed to support patients through their rehabilitation journey, whether recovery from surgery/conservative management.

<https://apps.nhsllothian.scot/refhelp/guidelines/musculoskeletalphysiotherapy/postoprehabmskinjurymanagement/>

Do you have 5 minutes to spare? Why not watch our RefBites videos with service info about SARCS, Long Covid, ROAM and Cardiac Rehab or a clinical one on HIV Indicator conditions:

<https://apps.nhsllothian.scot/refhelp/education/refbites-bitesize-learning/> Don't forget to give us your feedback: <https://forms.office.com/e/v828u8zUzN>