

RefTweets - September 2025

In the event of a positive Hallpike or Sidelying test, the ideal is to perform an Epley manoeuvre where there is capacity, which can bring rapid symptom relief. Check out this helpful video demonstration on how to carry out the test:

<https://apps.nhsllothian.scot/refhelp/guidelines/audiology/bppvbenignparoxysmalpositionalvertigo/epleymanoeuvre/>

New RefBites video on practical aspects of Ozempic and Mounjaro administration. A must watch! <https://apps.nhsllothian.scot/refhelp/education/refbites-bitesize-learning/> Please leave your feedback here: <https://forms.office.com/e/v828u8zUzN>

When Challenging Behaviour Service accepts a patient, the referring practice is asked to also refer those on a substitute prescription to the local prescribing hub. Please ensure a 4 wk ongoing prescription to allow prescribing hub to process the referral

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

Referral to Midlothian H@H is via FNC in the first instance. Please send a SCI Gateway referral once your patient has been accepted. Referral pathway post acceptance is: RIE > Flow Centre Referral> LI Flow Centre Referral. Detailed referral info here:

<https://apps.nhsllothian.scot/refhelp/guidelines/admissionsurgentcare/hospital-at-home/hospitalathomemidlothianmerrit/>

For patients with a high risk of anaphylaxis, prior to vaccination, please send a SCI Gateway to dermatology, indicating it relates to a vaccine allergy. For more details on 'How to Refer' please see:

<https://apps.nhsllothian.scot/refhelp/guidelines/vaccine-services/>

Patients with suspected first epileptic seizure or new diagnosis can be referred to First Seizure Epilepsy Clinic. For clinic appointments, referrers must first email: loth.wghdcnapptoffice@nhs.scot before referral. Telephone enquiries no longer available.

<https://apps.nhsllothian.scot/refhelp/guidelines/neurology/firstseizuresandepilepsy/>

Please see recently updated eligibility information for COVID-19 and Influenza vaccination here:

<https://apps.nhsllothian.scot/refhelp/guidelines/vaccine-services/covid-19-and-influenza-vaccinations/>

Check out the newly updated Shingles Vaccination Programme for 2025-26 including eligibility information, referral guidelines, and advice on further investigations for recurrent shingles :

<https://apps.nhsllothian.scot/refhelp/guidelines/vaccine-services/shingles-vaccine/>

RefTalks Annual Report 2024-25 is published. To see the results, please view the infographic here:

<https://apps.nhsllothian.scot/refhelp/about-us/performance-impact/>