RefTweets Sep 2026

Arts Psychotherapists are psychological professionals offering arts based psychodynamic therapies for patients with Complex Emotional Needs. Please note referrals can only be made from inpatient, locality or specialist mental health teams. More info: https://apps.nhslothian.scot/refhelp/arts-psychotherapy-complex-emotional-needs/

New page on Arts Psychotherapies Mentalization Based Treatment (MBT) programme for Personality Disorder only for Edinburgh patients and is offered within Edinburgh's Community Mental Health Teams (CMHTs). Detailed service info here: https://apps.nhslothian.scot/refhelp/mentalization-based-arts-psychotherapy-treatment-eupd/

Fibromyalgia is a common chronic pain condition causing widespread pain, fatigue, sleep problems & "fibro fog." Diagnosis is clinical using ACR criteria. Management focuses on education, exercise, biopsychosocial approach with limited role of medications. https://apps.nhslothian.scot/refhelp/guidelines/rheumatology-2/fibromyalgia/

The Oral Medicine service is delivered in Edinburgh Dental Institute at Lauriston for all Lothian patients aged 16 years & older. All those suspected of having cancer must be referred to Oral & Maxillofacial Surgery at St John's Hospital. Details on 'Who & How to Refer' here: https://apps.nhslothian.scot/refhelp/guidelines/dentistryoralhealthservice/oralmedicine/

West Lothian Older People's Community Mental Health Team consists of a wide range of Healthcare Professionals providing a variety of person-centred care & treatment for adults >65 yrs, who require specialised support for their mental health. Referral info: https://apps.nhslothian.scot/refhelp/guidelines/mentalhealthadult/older-peoples-mental-health/olderpeoplesmentalhealthwestlothian/

Recently updated info on Fissure in Ano with helpful advice for primary care management including assessment and treatment. https://apps.nhslothian.scot/refhelp/guidelines/colorectal/fissureinano/

Presence of diverticula is very common in the UK. Primary care management advice for Diverticulosis, symptomatic diverticular disease & Diverticulitis here: https://apps.nhslothian.scot/refhelp/guidelines/colorectal/diverticulardisease/ In case of doubt in diagnosis, refer via USoC pathway as symptoms are similar to colorectal cancer.

Pneumoconiosis: diagnosis, primary care management, referral guidelines, resources & more on RefHelp: https://apps.nhslothian.scot/refhelp/guidelines/respiratory/pneumoconiosis/