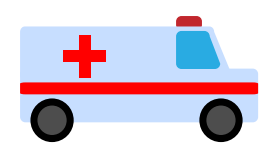




# Outpatient Medicine for the Elderly Services (inc Day Hospital) for Edinburgh and Surrounding Areas



## REFERRAL CRITERIA

**Patients aged > 65 with Clinical Frailty Scale  $\geq 4$  with any of the following:**

- Requiring outpatient comprehensive geriatric assessment including admission prevention or full functional assessment
- Acute functional decline for multidisciplinary assessment
- Declining mobility, recurrent or unexplained falls or syncope
- Non-specific symptoms requiring further assessment eg. dizziness (MDT vestibular assessment available), weight loss and abnormal blood tests (including anaemia)
- Exacerbations of chronic medical problems or complex comorbidity
- Review of complex polypharmacy

**Please avoid referring to multiple specialities for the same problem - e.g. cardiology and MOE for syncope.**

Additional SE/Midlothian services: IV zolendronic acid, blood transfusion, IV iron

Additional NE/ARC Services: IV zolendronic acid, blood transfusion

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Contact: Amy Armstrong - amy.armstrong8@nhs.scot

### South Edinburgh and Midlothian Hub at Ellen's Glen Community Hospital

To refer to DH please email the completed [referral form](#) to loth.outpatientsegch@nhs.scot.  
Urgent referrals can be seen within 1 week, routine referrals will usually be seen within 2-4 wks.  
For advice or to discuss suitability, contact Duty Geriatrician (0900-1700) on 07814 765 110.

### North West Edinburgh Hub at ARC

To refer to DH, please email the completed [referral form](#) to loth.arcrvb@nhs.scot.  
Urgent referrals can be seen within 1 week, routine referrals will usually be seen within 4 wks.  
For advice or to discuss suitability, contact ARC senior nurse/AHP (0830-1530) on 07977 300 116 or Duty Geriatrician for North Edinburgh (0900-1700) on 07815 493 034

### North East Edinburgh - OPRA

To refer to DH, please email the completed [referral form](#) to loth.opra@nhs.scot  
Urgent referrals can be seen within 1 week, routine referrals will usually be seen within 4 wks.  
For advice or to discuss suitability, contact Duty Geriatrician for North Edinburgh (0900-1700) on 07815 493 034.

**\*\*\*if IV therapy is required i.e. zolendronic acid or blood tranfusion then please refer to ARC\*\*\***

### WHO NOT TO REFER

- Suspected Parkinson's Disease – refer untreated to [Movement Disorder Clinic \(click HERE\)](#)
- Single symptom suggestive of malignancy with CFS <4 – refer to relevant speciality
- Unstable clinical conditions such as acute TIA/stroke, GI bleed or chest pain.
- **If seeking cognitive assessment/dementia assessment then please refer to [memory assessment teams/older people mental health teams \(click HERE\)](#).**

Currently RIE ED do not have direct access to a Day Hospital equivalent for East Lothian or West Lothian - individual cases can be discussed with the West Lothian H@H team (REACT coordinator) on 01506 524149 OR the East Lothian H@H team (ELSIE) on 01620 642 798 for further advice.