



## Immunology Update

## Clyde Sector

### ANA, Rheumatoid factor, Liver & Gastric parietal cell antibodies

A review of ANA, rheumatoid factor, liver (smooth muscle & mitochondrial) and gastric parietal cell antibodies showed no significant change within a year in > 97% of patients. Accordingly the request intervention interval has been increased to 1 year. However we do recognise that a few patients may need earlier re-testing. This can be organised simply by writing a brief explanation on the request form eg 'repeat ANA needed because.....' or by phoning 0141 347 8872. Samples are generally kept for 2-3 weeks.

### Change to automatic follow on tests for new positive ANA samples

All new positive ANAs with titre of at least 1/160 will have both dsDNA abs and ENA abs added by the laboratory irrespective of pattern.

### Rheumatoid factor normal ranges

A weak positive range of 30-90 is now included on reports in line with the latest EULAR guidelines.

### Immunology Laboratory Webpage

<http://www.nhsggc.org.uk/about-us/professional-support-sites/immunology>

## Guidelines on Diagnosis of Menopause

In November 2015 NICE published guidelines on menopause diagnosis and management. The current guidance is that for women aged >45 Follicle Stimulating Hormone (FSH) is not required to diagnose the peri-menopause or menopause. The diagnosis should be based on age and symptoms.

Age	Symptoms	FSH
>45 ?peri-menopause	Irregular periods/vasomotor symptoms	Not required
>45 ?menopause	No period for 12 months	Not required
>45 ?menopause, no uterus	Vasomotor symptoms	Not required
40-45 ?peri-menopause/menopause	Irregular periods/vasomotor symptoms	Consider FSH
<40 ?peri-menopause/menopause		FSH required

An audit of FSH requesting in Clyde from March 2017 until February 2018 has shown that 47% of our female FSH requests are in women >45 years of age. In addition a majority of these FSH requests are accompanied by LH and oestradiol requesting. There is potentially scope to therefore reduce unnecessary testing and streamline the diagnostic pathway for these patients by adopting the NICE guidelines. For further information the guidance can be viewed at:

[www.nice.org.uk/guidance/ng23/chapter/recommendations#diagnosis-of-perimenopause-and-menopause](http://www.nice.org.uk/guidance/ng23/chapter/recommendations#diagnosis-of-perimenopause-and-menopause)

## Microbiology Service Update

The Clyde sector Microbiology laboratory based at the RAH closed on 15<sup>th</sup> January 2018. All GP specimens are now tested at the QEUH Microbiology laboratory. Please ensure that microbiology specimens are bagged separately from other disciplines in the blue specimen bags provided to ensure direct transport to the correct laboratory.

We would be delighted with your feedback on issues that you would like us to address in the newsletter.

Comments or suggestions can be sent to:

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