

PRIVATE AND CONFIDENTIAL

OUT-PATIENT PHYSIOTHERAPY – SELF REFERRAL FORM

Please complete this form as fully as possible

Today's date:		Occupation:	
Full name:		☎ Home tel no:	
Date of birth:		☎ Work tel no:	
Address:		☎ Mobile no:	
		GP name:	
Postcode:		GP Practice:	
Male: <input type="checkbox"/>	Female: <input type="checkbox"/>		

Are you off work because of this problem? Yes No Not applicable

Please describe your problem:

How long have you had this problem for? 0-6 wks 6-12 wks 12 wks >52 wks

Since it began is the problem: Improving The same Worsening Variable

Are you unable to sleep due to this problem? Yes No

On a scale of 0-10 please score your pain, where 0 is no pain and 10 is worst possible pain (mark with an X on the line below):

0 _____ 10

Do you have?

Pins & needles Numbness Weakness If you have any of these symptoms then please describe where? _____

Have you had treatment for this problem before? yes No if so, when? _____

Has anything helped in the past? _____

Is there anything you cannot do because of this problem? _____

How does it affect you day to day? (mark with an X on the line below):
Severely _____ Not at all

Do you have any on-going or previous problems with your health? Please provide brief details (e.g. diabetes)

It is important that you **complete this form as fully as possible**. Please check over the information you have provided. Please note we cannot take responsibility for any information that has been withheld.

I agree that the information that I have provided in this form is accurate and may be shared with my GP.
I consent to relevant medical information being released from my GP if required.

Signature: _____ Date: _____

What happens next?

Your completed form can either be hand delivered **or** posted to the out-patient physiotherapy department;
Physiotherapy Department, Inverurie hospital, Upperboat Rd, Inverurie AB51 3UL

How long will I have to wait before I am offered an appointment?

A physiotherapist will look at your form and an appointment will be planned based on the information you have supplied and then you will be sent an appointment in the post. Please ensure all your contact details have been included on this form **including a day-time telephone number**. We may leave a message on your telephone, please tick the box if you **do not** want us to leave a message .

Are you employed by a company in Grampian with less than 250 employees and currently absent from work because of an ongoing health problem?

As part of a UK Government pilot *you are eligible for free Physiotherapy treatment under a new service called **Working Health Services Grampian**. This is aimed at supporting individuals to return to work.* There may also be access to additional services for you and your workplace.

Fast, free access to a Physiotherapist close to where you stay or work will be arranged. There are no waiting lists for this service and most appointments are provided within only a few days. You will be called back to arrange your first appointment as soon as you complete the online form below:

**** If you wish to access this service please visit www.gohealthservices.com/whs and complete the online form. ****

Our case manager will also call you to complete your entry assessment to the service. This must be completed to continue with the service. Once you have spoken to our case manager you may be able to access other free services such as occupational health advice, medical assessment or counselling services.

Will the information I have provided be shared with anyone else?

Sometimes we may need to contact your GP if we require further information to help us decide if physiotherapy is appropriate for you. If you are seen by the physiotherapist your GP will be informed of this.

What should I do if my problem gets worse while I am waiting for an appointment?

If you feel your problem is worsening and you have concerns about your problem then you should contact your GP or NHS 24 (08454 24 24 24)

Please note that if you have a continence problem and have any bleeding from either your front or back passages then please see your GP first.