**OUT-PATIENT PHYSIOTHERAPY – SELF REFERRAL FORM**

**Please complete as fully as possible and email to:** [gram.mskreferralcentre@nhs.scot](mailto:gram.mskreferralcentre@nhs.scot)

Please see our website at www. <https://www.mskphysiogrampian.scot.nhs.uk> or via

|  |  |  |  |
| --- | --- | --- | --- |
| Full name: |  | Today’s date: |  |
| Date of Birth: | (must be 16yo and over) |  Home tel no: |  |
| Address: |  |  Mobile tel no: |  |
|  |  | Email Adress: |  |
| Postcode: |  | GP name/address: |  |

**Carer/Veteran/Occupation -**       **Any special requirements e.g. Interpreter**

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

|  |  |
| --- | --- |
| **Please use body chart to identify problem area**  **Physio**  **If you are experiencing pins and needles, numbness or weakness please describe where.**  **If typing form please describe your pain area** | **Please describe your current symptoms**    **and how did they start?** |
| **How long have you had this problem?**  0 – 2 wks  2 – 12 wks  > 12 wks  repeated episodes/had before |
| **Since the problem began is it?** Worsening  Same  Improving |
| **If you are experiencing pain, would you rate it as**  Mild  Moderate  Severe  And Constant  Intermittent  **Please list all medication you are taking including over the counter medication (e.g. paracetamol)** |
| **Is pain disturbing your sleep?**  Yes, unable to sleep  Yes, wakening from sleep  No |
| **Any day to day activities you are unable to do?** No  Yes  Please list |
| **Has anything helped the symptoms to date? Have you had previous physiotherapy treatment for the problem? Have you attended Orthopaedics, Pain, Rheumatology or any other service with this problem?** |
| **Do you have any other medical conditions/operations?** |  |
| **What do you want to achieve from Physiotherapy?** |  |

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

**I consent** to follow up contact from physiotherapy for the purposes of service evaluation

Signature:       Date:

***What happens next?***

Your completed form should be posted to The MSK Referral Centre, First Floor, Ward 6, Woodend Hospital, Eday Road, Aberdeen, AB15 6XS or via e-mail at [gram.mskreferralcentre@nhs.scot](mailto:gram.mskreferralcentre@nhs.scot)

Your referral will be considered by the physiotherapy team and an appropriate plan will be made. We have appointments via the telephone, video consultation and face to face (*in person?*). Many conditions are managed very well via remote consultations, avoiding travel and expense for patients. We will continue to use these appointments into the future. If your condition is suitable, you may be offered an appointment like this. If you are asked to attend an appointment please note that we are adhering to social distancing rules, hand hygiene and infection control procedures. Please do not attend the department if you are feeling unwell or are experiencing any symptoms of COVID-19.

***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). **You should do this urgently if you have recently, or suddenly, developed**

- Difficulty passing urine or controlling bladder/bowels

- Numbness or tingling around your back passage or genitals

- Numbness, pins and needles or weakness in both legs

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.

***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. Depending on the nature of your problem you may be placed on a waiting list for physiotherapy. The waiting time for physiotherapy varies depending on the demands on the service.

***How will I be contacted?***

You will either be sent a letter asking you to contact the department to arrange an appointment or someone may telephone you to arrange it. 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 is you **do not** want us to leave a message.

***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.

***Can the physiotherapist see me at home?***

If you are unable to attend out-patients for any medical reason you can be referred by your GP to the Domicillary services.