

# Self-referral for Routine Out-patients Physiotherapy Assessment

Instructions and information are overleaf.

*If your problem requires urgent attention, is severe or getting worse, please seek more urgent medical attention e.g. your GP or NHS24 (08454 24 24 24).*

**SURNAME** \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ **Only adults can self-refer**  
(Please use CAPITALS throughout)

**First name** \_\_\_\_\_ Today's Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Title Mr  Mrs  Miss  Ms  Other \_\_\_\_\_ GP's name \_\_\_\_\_

ADDRESS \_\_\_\_\_ GP surgery \_\_\_\_\_

Postcode \_\_\_\_\_ GP address \_\_\_\_\_

Tel ☎ Home \_\_\_\_\_ GP's Tel No. ☎ \_\_\_\_\_

Work \_\_\_\_\_ Mob \_\_\_\_\_ CHI number \_\_\_\_\_  
(on your medical card, or from your GP)

- Where is your problem that you wish the physiotherapist to assess? \_\_\_\_\_
- How long have you had this problem? \_\_\_\_\_
- Why did this problem start? \_\_\_\_\_
- Do you have a diagnosis? \_\_\_\_\_
- Have you had this problem before?  Yes  No When? \_\_\_\_\_
- Have you been to physiotherapy before?  Yes  No When? \_\_\_\_\_ Which clinic? \_\_\_\_\_
- Have you been to a doctor or other health professional recently? Who? Why? \_\_\_\_\_

Please let us know if you have any difficulty speaking English, or have any other needs.

**Doctors:**

If your patient has complex needs, or you suggested physiotherapy, please give medical history, medication, tests *etc*

**Patient's signature** \_\_\_\_\_

**Office use** Physiotherapist's name .....Signature.....

Triage  Routine

Date form received ..... Date of first appointment ..... Date Discharge letter sent .....

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Diagnostic Code  Outcome  D/C  Entered

Diagnosis.....

SURNAME, Initial .....

## Information and Instructions - for self-referral to routine out-patients physiotherapy

- If you would like a routine out-patients physiotherapy appointment, please fill in this form.
- Then send, or give, the form to the clinic you wish to attend. Some clinics accept telephone referrals (see below).
- The physiotherapy clinic will then contact you to arrange an appointment.
- **Waiting times**  
There are waiting times for physiotherapy in most clinics. They vary, but it can take several weeks. Many clinics try to offer early advice appointments that last 10-15minutes. The aim of these is to give you self-help advice, and exercises, that you can start doing while you are waiting. Information is available at each clinic, or at [www.ecps.scot.nhs.uk](http://www.ecps.scot.nhs.uk).
- We will inform your GP that you have attended physiotherapy.

**Home visits** - These can *only* be arranged with medical referral e.g. your doctor can arrange this.

**Neurological conditions** - Out-patient physiotherapy for neurological conditions is available at Sighthill and McLeod Street clinics.

**Continence problems** - Some clinics are unable to access private facilities. If your chosen clinic does not have facilities, your details will be passed to the nearest clinic.

**Collars, Wrist Splints, Knee braces, Maternity Belts, Corsets etc.** – These items cannot be routinely provided.

Physiotherapy Department that you wish to attend		Tick <input checked="" type="checkbox"/>
Astley Ainslie Physiotherapy	Physiotherapy, Astley Ainslie Hospital, Canaan Lane EH9 2HL	
Craigroyston Health Clinic	Physiotherapy, Craigroyston Health Clinic, 1b Pennywell Road, EH4 4PH	
Gracemount Medical Centre ☎ 672 9460 (ansaphone states when drop in clinics are available)	Physiotherapy, Gracemount Medical Centre, 24 Gracemount Drive, EH16 6RN	<i>Drop in clinic – please telephone to check times</i>
Kirkliston Health Centre	Physiotherapy, Kirkliston Health Centre, 50 The Glebe, Kirkliston, EH29 9AS	
Leith Community Treatment Centre	Physiotherapy, Leith Community Treatment Centre, 12 Junction Place, EH6 5JA	
Mountcastle Health Care Centre	Physiotherapy, Mountcastle Health Care Centre, 132 Mountcastle Drive South, EH15 3LL	
McLeod Street Physiotherapy	McLeod Street Physiotherapy Clinic, 22b McLeod Street, EH11 2NH	
Pentlands Health Centre	Physiotherapy, Pentlands Health Centre Pentland View, Currie, EH14 5QB	
Sighthill Health Centre	Physiotherapy, Sighthill Health Centre 380 Calder Road, EH11 4AU	
South Queensferry Health Centre ☎ 537 4440 <i>either phone or send this form in</i>	Physiotherapy, South Queensferry Health Centre, 41 The Loan, South Queensferry, EH30 9HA	
Slateford Health Centre	<i>(Physiotherapy department opening soon)</i>	
Thistle Foundation	Physiotherapy, Thistle Foundation, Niddrie Mains Road, EH16 4EA	
Tollcross Health Centre	Physiotherapy, Tollcross Health Centre Ponton Street, EH3 9QQ	
University Health Centre	Physiotherapy, University Health Centre 6 Bristo Square, EH8 9AL	
Wester Hailes Health Centre	Physiotherapy, Wester Hailes Health Centre 7 Murrayburn Gate, EH14 2SS	
Western General Hospital	Physiotherapy, Western General Hospital, Crewe Rd South, EH4 2XU	

*Please send or hand in this form to the clinic you wish to attend.*