

Physiotherapy Pelvic Health – Self Referral Form

<p>Your Details <u>Today's date:</u></p> <p>NAME (as its down in your medical record) _____</p> <p>What you would like us to call you _____</p> <p>ADDRESS _____ _____ _____</p> <p>POSTCODE _____</p> <p>PHONE _____</p> <p>DATE OF BIRTH _____ Your doctor's name _____</p> <p>Your doctor's address _____</p> <p>GP'S – Please use SCI STORE for referral where possible</p>	<p>Your problem (please tick all that apply)</p> <p>Leaking urine</p> <p>Urinary urgency / frequency</p> <p>Prolapse</p> <p>Bowel problem – constipation / leakage/ other</p> <p>Pelvic pain</p> <p>Difficulty with pelvic floor muscle exercises</p> <p>Something else? Please give details</p> <p>Is there any other information you would like us to have? You can write on the other side of this sheet, or attach a separate sheet of paper.</p>
<p>Please tick this box if you are pregnant: <input type="checkbox"/></p>	
<p>Once you have filled this form in please hand it in to your nearest physiotherapy department or send it to one of the Pelvic Health physiotherapists as below - nhsh.pelvichealthphysio@nhs.scot – We will ensure your referral goes to the closest and best qualified person to treat you.</p> <p>PLEASE ADDRESS IT TO - PHYSIOTHERAPY PELVIC HEALTH SPECIALIST TEAM ,at the address closest to you below. :_</p> <ul style="list-style-type: none"> • WARD 2 RNI, NESS WALK, INVERNESS, IV3 5SF • COUNTY COMMUNITY HOSPITAL, INVERGORDON, IV18 0JR • CAITHNESS GENERAL HOSPITAL, BANKHEAD, WICK, KW1 5NS • COWAL COMMUNITY HOSPITAL, 360 ARGYLL STREET, DUNOON, PA23 7RL • LORN AND ISLES COMMUNITY HOSPITAL, GLENGALLON ROAD, OBAN PA34 4HH 	<p>If you have any of the following, please see your GP <u>before</u> self referring for physiotherapy</p> <p>Stinging or burning sensation when you pass urine, or blood in your urine</p> <p>Any unusual / unexpected bleeding or staining from the vagina</p> <p>Any bleeding from the anus (back passage)</p> <p>Persistent abdominal pain</p> <p>Persistent abdominal bloating which does not come and go</p> <p>Difficulty eating or finding you feel full early in a meal</p> <p>Recent weight loss without trying</p> <p>Any new numbness, tingling or muscle weakness</p>
<p>Have you seen any medical professionals with this problem? Yes/ No</p> <p>If yes, please give details _____</p> <p>How long has it been a problem ? (please circle)</p> <p>Weeks / months / years</p>	

More information on Pelvic Physiotherapy can be found at :
<http://www.csp.org.uk/your-health/conditions/incontinence> or NHS Inform.
 Including tips to help yourself and information as to what will happen when you see the physiotherapist