

# Self-referral for Physiotherapy for clients with bladder problems

Instructions and information are overleaf.

*If you are passing blood in your urine or feel you have a urine infection, please see your GP and do not use this form.*

<b>SURNAME</b> _____ <small>(Please use CAPITALS throughout)</small>	Date of birth _____	<b>Only adults (16+) can self-refer</b>
<b>First name</b> _____	Today's Date _____	
<b>Title</b> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Miss <input type="checkbox"/> Ms <input type="checkbox"/> Other _____ Male <input type="checkbox"/> Female <input type="checkbox"/> Other <input type="checkbox"/>	GP's name _____	
<b>ADDRESS</b> _____ _____	GP surgery _____	
<b>Postcode</b> _____	GP address _____	
<b>Tel</b> ☎ Home _____ Work _____ Mob _____	GP's Tel No. ☎ _____	
	CHI number _____ <small>(on your medical card, or from your GP)</small>	

1. Do you have any of the following problems?

- Leakage of urine when you cough, laugh or sneeze
- Leakage of urine when you exercise
- A constant small dribble of urine
- Leakage of urine during sex

2. Do you have any of the following bladder problems?

- Strong, sudden need to pass urine perhaps when you put your key in the door or when washing dishes
- Sometimes leaking before you get to the toilet
- Are you always asking "where are the toilets?"
- Do you often pass only small amounts of urine when you go to the toilet?

3. How long have you had this problem? \_\_\_\_\_

4. Have you been to physiotherapy before?  Yes  No When? \_\_\_\_\_

5. Have you been to a GP or other Health Professional for this problem?  Yes  No

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

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

## Information

- If you would like a routine physiotherapy appointment for your bladder problems, please fill in this form.
- Then send, or give, the form to the clinic you wish to attend.
- 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.
- We will inform your GP that you have attended physiotherapy.

Physiotherapy Department that you wish to attend		Tick <input checked="" type="checkbox"/>
Leith Community Treatment Centre	Physiotherapy, Leith Community Treatment Centre, 12 Junction Place, EH6 5JA	
Pennywell All Care Centre	Physiotherapy, Pennywell All Care Centre, 1d Pennywell Gardens, EH4 4UA	
Sighthill Health Centre	Physiotherapy, Sighthill Health Centre, 380 Calder Road, EH11 4AU	
Slateford Medical Centre	Physiotherapy, Slateford Medical Centre, 27 Gorgie park Close, EH14 1NQ	
Tollcross Health Centre	Physiotherapy, Tollcross Health Centre Ponton Street, EH3 9QQ	