

### **What is self-referral?**

Self-referral is a direct route to physiotherapy for those who are registered with a GP in the Southern Trust Area. It allows you to refer yourself to physiotherapy for assessment and treatment without having to see or be prompted by another healthcare practitioner.

### **Who can self-refer?**

If you are registered with a GP in the Southern Trust, over 16 and have a back or neck problem, a joint/muscular pain or have a recent injury such as a sprain, then self-referral is for you.

This referral option is not available if you are under the care of a consultant for this problem, or if you have neurological/respiratory/continence conditions. If you have Pregnancy related pain please ask your GP/Midwife to direct you to the appropriate service.

### **When will self-referral be available?**

Self-referral is currently available throughout the Southern Trust.

### **How can I self-refer?**

There are 3 main ways in which you can self-refer:

**Online Form** – A form can be completed online and submitted by clicking on the following link:  
<http://www.southerntrust.hscni.net/>

**PDF form** – printable versions of the Self-referral form can be downloaded at:  
<http://www.southerntrust.hscni.net/>

The completed form can be posted or e-mailed to the Southern Trust Central Booking Office.

**Paper form** – Self-Referral Forms will be available in your GP practice as the project is rolled out.

The completed paper form can be posted or emailed to the Southern Trust Central Booking Office.

### **How do I find my Health and Care Number?**

You can obtain your Health and Care number from your health and care card, from a previous hospital letter or by contacting your GP practice.

### **What happens once I send in my referral form?**

On receipt of your referral from the Central Booking Office your form will be reviewed by a Senior Physiotherapist and triaged within 3 working days.

You may be contacted by telephone for further information if necessary or you will be contacted by letter inviting you to telephone to make an appointment.

### **Where can I attend for physiotherapy assessment?**

Self-referral physiotherapy is now available across the Southern Trust.

### **How will I benefit?**

The self-referral route provides an easier route of access to Physiotherapy. You will have a consultation with a Specialist Physiotherapist either on the phone or at an appointment, who will provide timely advice suitable to your condition. They will give you support to manage your condition and get you back to doing what matters to you!

### **What should I wear?**

Please wear comfortable shoes or trainers and bring appropriate clothing such as shorts or a vest-top/t-Shirt so that your condition can be properly assessed by your Physiotherapist.

### **How long will the appointment take?**

Appointments run on time and will last approximately 45 minutes on your first appointment and 30 minutes for appointments thereafter.

### **What happens if I fail to attend my appointment?**

To get the best outcome from Physiotherapy we encourage you to attend your appointments, if you fail to attend any appointment this may lead to discharge. We will discuss our attendance policy at your initial appointment.

### **Useful Links**

You may find the following websites useful:

<http://www.southerntrust.hscni.net/> Click on **Our Services** Click on **Allied Health Professionals**  
Click on **Physiotherapy Musculoskeletal Outpatient Service.**

Chartered Society of Physiotherapy web-site: <https://www.csp.org.uk/>

Arthritis Research UK web-site: <https://www.arthritisresearchuk.org/>

NI Direct <https://www.nidirect.gov.uk/information-and-services/health-and-wellbeing>

NHS Choices: <http://www.nhs.uk/conditions>

For further information contact your local Physiotherapy Department

Or complete a Self-Referral Form and Return to:

AHP Central Booking Office,

Ramone Building,

Craigavon Area Hospital,

68 Lurgan Road,

Portadown,

BT63 5QQ

Or email the form to: [AHP.CentralBookingOffice@southerntrust.hscni.net](mailto:AHP.CentralBookingOffice@southerntrust.hscni.net)