

## How MyPathway Can Support Antenatal Physiotherapy (self-referral)

MyPathway Antenatal Physiotherapy (self-referral) enables women to self-refer for antenatal pregnancy-related pain. Patients can refer themselves to the Women's Health Physiotherapy team (WHPT) when they feel they need to access women's health antenatal physiotherapy support, this can be at the start of their pregnancy through to their due date.

### How it works



1 Patient self-refers and registers for MyPathway



2 Patient is invited to complete a self-referral questionnaire



3 The WHPT triages the patient to the type of appointment they need, including:

Video package/group session

1:1 appointment

Telephone consultation



4 The patient can then book their own appointment



5 Resources and information are provided through the app



#### Benefits

 Reduces admin as patient is invited to book their own appointment

 Reduces DNA rates

 Self-referral empowers patients to be in control of their healthcare