

Fit notes – did you know?

A fit note is the informal name for the Statement of Fitness for Work. A doctor will assess you and if he or she decides that your health affects your fitness for work, they can issue a fit note and advise that: you are "not fit for work" or "may be fit for work, taking into account advice written in the fit note".

Did you know?

If you are receiving treatment either as an inpatient (staying in hospital overnight) or as an outpatient where you attended a clinic and it is assessed that you will not be able to work for more than seven days in a row (self-certification), you are entitled to request a fit note from a hospital doctor.

Your employer will be able to provide information on self-certification or you can visit the HMRC website.

Why?

Obtaining a fit note whilst in hospital means you do not have to make an appointment with your GP on discharge where it is only to obtain a fit note, so it is more convenient for you.

When?

If you feel that you will require a fit note, inform the clinician looking after you before you are discharged or leave the clinic. The hospital doctor will be able to provide you with this.

How?

Typically your hospital doctor will be able to assess, and working with you, determine what arrangements would be appropriate for your fit note. If time off work is needed, they will be able to determine the best length of time before you need a further review of your ability to work.

Follow up

The hospital doctor will issue a fit note to cover the initial period associated with your treatment and typical recovery time. You will then need to visit your GP for a further fit note if necessary.

The hospital doctor may agree to extend the length of time of an existing fit note if you are scheduled for further treatment under their care.

Contact us

If you have any questions or concerns please contact the clinical team looking after your care at Guy's & St Thomas' NHS Foundation Trust.

The hospital switchboard number is 020 7188 7188

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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