

# Patient Initiated Follow-Up (PIFU)

## Patient information

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If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

This leaflet explains what the Patient Initiated Follow-Up (PIFU) pathway is and how it can help you manage your condition.

### **What is PIFU?**

PIFU puts you, the patient, in control of when you are reviewed by the Pain Management Team.

PIFU enables you to make your own follow-up appointment at your convenience, providing you with support when you need it.

PIFU removes the need for routine follow-up appointments, which research suggests can cause unnecessary stress, anxiety and expense for many patients. For all other concerns, or if you are feeling unwell, your GP will remain your first point of contact.

### **How does PIFU work?**

The Pain Management Team will advise you whether your condition is suitable to have your follow-ups via PIFU, rather than an appointment scheduled by the hospital.

Your clinician will have spoken to you about the process and given you this patient information leaflet, for you to consider if you want to have your follow-up appointments in this way; it is your decision. If you do not require a follow-up appointment within the duration of your defined PIFU timeframe, you will be discharged from the pain management team back to the care of your GP.

### **How would I book a PIFU appointment?**

If you need further pain management support, or experience a flare up in your symptoms during your PIFU timeframe. Please call the appointments line on 01695 656 680 to access an appointment.

### **If I do not opt for PIFU, will you still monitor me?**

Yes, if you choose not to opt into the PIFU process, a follow-up appointment will be arranged based on a clinical decision.

### **Can I change my mind about this style of follow-up?**

If you decide that PIFU is not right for you, just contact the Pain Management Team on 01704 705 132. We will remove you from this pathway and go back to booking regular hospital appointments for your pain management reviews.

### **When should I arrange a PIFU?**

Call the appointments line on 01695 656 680 if you experience a flare up in your symptoms, or you need pain management support.

### **When not to use PIFU**

If you require urgent medical advice, you should contact your GP, NHS 111, your local walk-in centre or if you are really unwell your local emergency department via NHS 111 or 999.

### **Booking a PIFU in four easy steps:**

1. Call the appointments team on 01695 656 680.
2. Explain to the team you need a PIFU appointment.
3. Agree an appointment date and time.
4. Attend your clinic appointment or telephone consultation.