

Information for patients and carers

Patient Initiated Follow Up PIFU

My Follow-Up Plan

Following your discussion with the clinician unless **you** decide you need to be seen:

(Delete as appropriate)

- We do not plan on seeing you
- Are planning to see you less frequently

This type of open follow up is called a 'Patient Initiated Follow up' (PIFU).

This means you are in control of when you want to be seen, instead of us seeing you when you are well.



Frequently asked questions:

When should I arrange a PIFU appointment?

We have discussed PIFU in your clinic appointment and detailed the information in your clinic letter. However, you should call the team if you experience a flare-up of your symptoms or have any concerns and feel that you need to be seen in the clinic.

You can follow the three-step process below to make your appointment:

1. **Call your speciality team between the hours of 9am – 5 on the telephone number given below in the contact details section.**
2. **Explain to the team that you need to have a PIFU follow up appointment.**
3. **Agree an appointment date and time.**

When not to use PIFU

If you require urgent medical advice, you should contact your GP or NHS 111 who will advise you on the best course of action.

Will I still have regular appointments?

No. The PIFU pathway will mean that we are not planning on seeing you, or as indicated above we will see you less often, unless **YOU** decide you need to be seen.

This might feel a bit strange, but we are confident that you know enough about your condition to know when you need to be seen.

Does this mean that I will not see my usual clinician?

This depends on which specialty you are being seen by. If you have a preference, please ask when you contact us, and we will try to accommodate this.

What if I am worried and change my mind about this style of appointment follow up?

Some patients express concern about losing regular contact with the hospital. Everyone has different feelings when they no longer need to be seen regularly by their medical team. If you wish to go back to booking regular hospital appointments, just tell us and we will arrange this for you.

Contact details

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Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolvem@LTHTR.nhs.uk

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