

## Patient Initiated Follow Up (PIFU)

Specialty: Frailty Rehabilitation

Telephone: 01342 414345

Email: [qvh.rehabilitation@nhs.net](mailto:qvh.rehabilitation@nhs.net)

**This leaflet explains how you can access further support and advice from the Community Rehabilitation Team, if required. If this leaflet does not answer your questions or concerns, please speak to your clinician.**

### What is patient initiated follow up?

- Patient Initiated Follow Up (PIFU) is when a patient (or their carer) can request an additional follow up appointment (if required).
- This means if you have worries or concerns following your consultation in the outpatient clinic or you have further problems related to your condition, you can contact us and we will make another appointment for you to be seen.
- The reason we offer this service is that we want to give you more confidence, choice and flexibility in your care. It also reduces the number of unnecessary visits to the hospital and reduces waiting times for appointments.

### How does patient initiated follow up work?

- If PIFU is suitable for you, your clinician will discuss your condition with you and move your care onto a PIFU pathway.
- Instead of being given a follow up appointment which you may not need, you will be able to contact the service directly to arrange a follow up appointment if you feel you need it.
- This is a lifelong pathway and does not have an end date.
- If you need to be seen for a different condition in the future your GP can always re-refer you.

### What do I need to do?

- If you experience any problems with your condition after being moved to the PIFU pathway, please contact us to request a follow up appointment. Examples of reasons to contact us are:
  - Identifying need for equipment e.g. toilet frame, additional stair rail
  - Identifying declining functional ability related to your condition e.g. unable to stand out of chair, difficulty with bed transfers, increased need for care/assistance
  - Identifying worsening balance and/or mobility
  - Low energy levels, slower walking speed and reduced physical activity levels
  - Increased number of falls or new falls (medical causes excluded)
- Should you have other symptoms that suggest a medical emergency please do not hesitate to call 111 or 999.

### To book an appointment:

1. Call the Community Rehabilitation Team.
  - *The department opening hours are 8.00am to 4.30pm Monday – Friday*
  - *Telephone 01342 414345 or email [qvh.rehabilitation@nhs.net](mailto:qvh.rehabilitation@nhs.net)*

2. Explain that you are on a PIFU pathway.
3. If leaving a voicemail or emailing please include:
  - Your full name and date of birth
  - Your hospital number and/or NHS number
  - A telephone number where we can call you between 8am and 4.30pm
  - Date of your last appointment (if known)
4. We will then arrange an appointment date and time.
  - *Please note: the administrator may need to liaise with the clinician and call you back to confirm*
5. Attend your appointment.
  - *Please note: this could be a telephone or face-to-face appointment*

## Frequently asked questions

- **How long will I have to wait before I receive an appointment?**
  - Because you are on the PIFU pathway, we will book you the next available appointment.
- **Could I get lost in the system?**
  - No. You are on a dedicated PIFU pathway and we check this regularly. We will not discharge you from the rehabilitation service unless requested by you.
- **When is PIFU not appropriate?**
  - PIFU is only appropriate for the condition for which we have treated you. For anything else, you will need to contact your GP or NHS 111 for advice.
  - PIFU is not suitable for providing urgent medical advice. In such a case you should contact your GP, NHS 111, your local walk-in centre or, if you are really unwell, your local Accident and Emergency Department (A&E).

If you'd like to find out how you can support QVH, please visit [www.supportqvh.org](http://www.supportqvh.org)



Please ask if you  
would like this leaflet  
in a different format.

Issue 1 – Ref. No: 0554  
Approved by the Patient Information Group  
Print Sept 2024 – Review Sept 2027

© Copyright QVH NHS Foundation Trust