



Pain Management: Patient Initiated Follow-Up (PIFU)

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Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated in to another language, please contact the PALS desk on 01392 402093 or at rde-tr.PALS@nhs.net.

What is Patient-Initiated Follow-Up (PIFU)?

Patient initiated follow-up (PIFU) puts you, the patient, in control of when you are seen by the Pain Management department. It means spending less time attending hospital appointments, but still having access to clinical support when you need it.

If your condition is stable, you may not find it helpful to attend regular outpatient appointments scheduled by the hospital. Sometimes, these appointments may not result in any change to your treatment, but you'll have spent time and energy putting arrangements in place to attend your appointment.



When should I call for a PIFU?

You should call if you experience a deterioration in your condition and feel the need for further advice and management. PIFU is available for 12 months after its initiation, after which you must go back to your GP to be re-referred.

PIFU is not a replacement for urgent medical advice. 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 (A&E).

How will I book a patient initiated appointment?

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