

Exeter Hand Unit 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](mailto: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 Exeter Hand Unit. 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. Your condition may flare up in between regular booked appointments and it's at this point you really do need our input. With PIFU, you can get advice from your clinical team, who may suggest an appointment is required.

You initiate the follow-up appointment, instead of the hospital. Which is why this process is called patient-initiated follow-up (PIFU).

For all other concerns, or if you are feeling unwell, your GP will remain your first point of contact.

How will I know if I'm suitable for PIFU?

The Exeter Hand Unit will tell you if your condition is now suitable for PIFU, instead of regular appointments scheduled by the hospital.

