

Patient information – patient-initiated follow-up plus (PIFU+)

Rheumatology

What is a ‘patient-initiated follow-up plus’ (PIFU+)

A patient-initiated follow-up plus, also known as PIFU+, means that you are in control of making your own follow-up appointments at a time when you need them, or when your circumstances change. On expiry of your PIFU+ timeframe, your condition will be clinically reviewed after which a decision will be made on the follow-up care you require.

At the end of your PIFU+, one of our nurses will review your health records and assess whether you need a follow up appointment or if your PIFU+ can be renewed for a further 18-months

How does PIFU+ work

- You will have agreed with your healthcare professional that a PIFU+ is suitable for you. Your GP will be informed of this by letter.
- You will have access to the PIFU+ service for a period of time. If you require a follow-up appointment during this time, you can contact the dedicated Rheumatology PIFU+ email address, detailing your symptoms. A specialist nurse will review this and either provide advice or request a follow up appointment for you.
- Towards the end of your PIFU+, if you haven't contacted us, a specialist nurse will review your health records and you will either be booked an appointment or your PIFU+ renewed for a further 18 months.
- Making an appointment is easy; you just need to email the email address provided on the back of this leaflet, detailing your symptoms and NHS number. One of our nurses will then respond to your email within 5 working days with advice and our bookings department will book you an appointment if necessary.

When should I not use PIFU+

You should not use PIFU+ for medical problems that are not related to this specialty/condition. For anything else, your GP remains your first point of contact.

If you don't contact us to book a follow-up appointment, a specialist nurse will review your health records towards the end of your PIFU+ and you will either be booked an appointment or your PIFU+ renewed for a further 18 months.

Please turn over for more information relating to your Rheumatology PIFU+

The Rheumatology PIFU+ service:

- You will have 18 months of access to the Rheumatology service via PIFU+.
- Before your PIFU+ expires in 18 months, you will be reviewed by your healthcare professional from the service – you will either be booked an appointment or your PIFU+ renewed for a further 18 months.

Under what circumstances should I arrange an appointment?

Your healthcare professional will advise you of the circumstances in which you should arrange an appointment. This will depend on your specific condition.

Some examples of reasons to arrange an appointment could include:

- A progression or relapse of your condition requiring a change to treatment.
- Concern about side effects from your current treatment.
- If you are planning a pregnancy or have discovered, you are pregnant.

To have a PIFU+ appointment you must:

- Have been told by your healthcare professional that this is appropriate for you.
- Contact us within the timeframe advised by your healthcare professional.

If you wish to access the Rheumatology PIFU+ service:

Please email enh-tr.rheumatologypifu@nhs.net with the following information:

Full Name
Symptoms
Hospital Number

You will receive a response withing 5 working days from receipt of your email.



