

Outpatient Physiotherapy Patient Initiated Follow Up (PIFU):

Information for patients, relatives and carers

What is PIFU?

Patient Initiated Follow UP (PIFU) allows you to contact the physiotherapy department to arrange a follow up appointment if and when you need it, putting you in control of when you need to access physiotherapy outpatients. This means rather than having prearranged or regularly scheduled appointments, you can access help when you need it the most.

How long will the PIFU pathway stay open?

The time frame will be agreed with your physiotherapist and will be documented in your notes. It is typically between 3-6 months.

How do I contact the department?

You can contact the Physiotherapy department via telephone: 01423 553472 and let them know that you are on the PIFU pathway. They will then arrange an appointment.

What if I don't make contact during the agreed time frame for the PIFU pathway?

If your symptoms have settled and you do not require a further appointment with your physiotherapist then you do not need to contact the department and you will be discharged back to your GP at the end of the agreed period. If you then develop further symptoms at a later date you would need to contact your GP practice rather than the physiotherapy department.

What if I no longer want to be on the PIFU pathway?

You can let us know and we can discharge you back to your GP at that stage rather than continue on the PIFU pathway.