

PATIENT INITIATED FOLLOW UP (PIFU)

The term patient-initiated follow-up (PIFU) means you can initiate a follow-up appointment when needed, within an agreed time frame, e.g. when your symptoms do not resolve or you experience a flare up of the previous condition. This helps you access support when you need it. You are empowered to manage your own condition and take responsibility for initiating the appointment.

How does it work?

If your physiotherapist and yourself think it is appropriate, you will be placed on a patient-initiated follow up or 'PIFU'.

How long is the PIFU agreed for?

A PIFU could be 2 months or 3 months, this is set between you and the physiotherapist.

When should I not use PIFU?

If you require urgent medical advice, you should contact NHS 111 or an A&E department. For any other concerns, not related to your PIFU plan, please contact your GP or phone 111.

How to get in touch:

Harrogate district Hospital MSK Physiotherapy appointments:

01423 555760 and 01423 557537

Silverdale, Harrogate District Hospital, Lancaster park Road, Harrogate, HG2 7SX

Ripon Community Hospital MSK Physiotherapy appointments:

01423 542923

Martindale Wing, to the right of the main hospital building, Ripon Community Hospital, Firby Lane, Ripon, HG4 2PR

FREQUENTLY ASKED QUESTIONS

Can I change the location of my follow up appointment?

Yes, however for continuity purposes we would recommend staying with the same physiotherapist who left you on a PIFU appointment. You can request to be seen by a different physiotherapist.

I have a new musculoskeletal condition that I would like some advice or a physiotherapy assessment for, what should I do?

Unfortunately we cannot treat you for a musculoskeletal condition you have not been referred for. If you need advice or an assessment for another musculoskeletal condition, please speak to your first contact practitioner (FCP) in your GP practice. A first contact practitioner is a physiotherapist who is able to assess you and direct you to the most appropriate treatment intervention. You do not have to be seen by the GP before booking an appointment with the FCP.

I am coming up to the end of my 3 month PIFU, my symptoms have resolved, should I still rebook and see my physiotherapist?

You do not have to book a follow up within this time, however the option is there if you feel you would like to. If you choose to rebook within the agreed time frame, the physiotherapist will only be able to treat you for what you were originally referred for.

FURTHER INFORMATION FOLLOWING YOUR TREATMENT:

Harrogate Health Hub:

<https://www.harrogatehealthhub.co.uk/>

Get information and help about a variety of common problems and useful ways you can help yourself. This page has been designed by the physiotherapy team at Harrogate District NHS Hospital.



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Versus arthritis: <https://versusarthritis.org>

Versus Arthritis is a charity which provides education and online about arthritis including rheumatoid arthritis and osteoarthritis.



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Active Against Cancer: <https://activeagainstcancer.nhs.uk/>

Active Against Cancer is an NHS health and wellbeing service, free to anyone with a recent diagnosis of cancer or who is receiving cancer treatment in the Harrogate area.

Royal Osteoporosis Society: <https://theros.org.uk/>

The Royal Osteoporosis Society is a charity dedicated to improving bone health and beating osteoporosis.



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Healthy you Northallerton, Bedale, Stokesley, Thirsk:

<https://www.zest-leisure.co.uk/homepage/63/take-that-step> Take that step is a free 12 week structured weight management programme to promote healthy eating and physical activity to achieve healthy weight loss.

Healthy you Harrogate, Knaresborough, Ripon:

<https://www.northyorks.gov.uk/healthy-living/healthy-you>

Healthy you is a free 12 week weight management programme that aims to promote healthy eating and physical activity to achieve healthy weight loss.



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Classes at Active North Yorkshire—Harrogate Leisure Centre, Knaresborough leisure Centre and Ripon Leisure Centre:

- Cardiac Rehab phase 3 and 4: Circuit based class for those who have had a cardiac event. In partnership with Harrogate hospital cardiac rehab nurses. £7.45. **Referral only.** To book contact: 01423 556106. **Referral only.**
- Exercise after stroke: To help stroke survivors progressively recover. £7.45. To book contact: 01423 556106. **Referral only.**
- Exercise for neurological conditions: Chair or standing based exercises focusing on balance, walking ability and strength. £7.45. To book contact 01423 556106. **Referral only.**
- Advanced balance: Gentle exercise class designed to improve strength and balance to reduce the risks of falls. £7.45 To book contact: 01423 556106. **No referral needed.**
- Fit4function: Class to help strength, ability, coordination and balance to reduce risk of falls and those with osteoarthritis. £7.45 To book contact: 01423 556106. **No referral needed.**
- Fit4future: A class for those recovering from cancer and have completed the active against cancer programme. Fairfax Wellbeing hub £7.45 To book contact: 01423 556106. **Referral only.**

We would love your feedback!

Your feedback is essential to us and helps to improve services HDFT provides. Please tell us your thoughts about your recent hospital stay or appointment via the Friends + Family test by scanning the QR code with your phone.

Alternatively contact:

Email: hdf.t.patientexperience@nhs.net

Call: [01423 555499](tel:01423555499)

Post:

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