

Patient information

Escape Pain Programme Patient Initiated Follow-up (PIFU)

Therapies Department

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

After your recent assessment or treatment, you have agreed to be placed on a Patient Initiated Follow-Up pathway (PIFU). PIFU puts you, the patient, in control of booking your physiotherapy appointment. You initiate the follow-up appointment, instead of the hospital.

Your clinician will have advised you about the PIFU process and given you this information leaflet to support you.

Why are we using PIFU?

You have been referred to the Escape Pain Programme. The PIFU process will allow you the time to complete the ESCAPE pain programme, combined with your home exercise programme and self-management advice.

When should I call for a PIFU?

It may be that on completion of the Escape Pain Programme and home exercise programme that you no longer require further input from our service. If this is the case, you do not need to do anything more.

However, should you require a further appointment, you will be given **twelve weeks** from today (Date:.....) to contact us to book your follow-up appointment. Ideally, this would be on completion of the Escape Pain Programme unless you require a sooner appointment.

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 very unwell, your local Emergency Department (A&E).

How will I book an appointment?

This is a quick and easy process.

You will receive a text message (from +447860 039092) which will include a link to a secure patient portal. Here you can request a follow-up appointment. Alternatively call:

Aintree Site 0151 529 3335 (09.00-16.00 Monday to Friday).

Royal/ Broadgreen Site 0151 7062760 (09.00-16.00 Monday to Friday).

If you have any concerns or queries, please do not hesitate to contact our department.

What happens if I don't initiate an appointment?

If we do not hear from you within **twelve weeks**, we will assume that you no longer require physiotherapy, and you will be discharged back to the care of your G.P.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt-out at any point. Your co-operation is greatly appreciated.

Further information

Therapies Department

Aintree Hospital

Telephone: 0151 529 3335

Text phone number: 18001 0151 529 3335

Therapies Department

Royal and Broadgreen Hospitals

Telephone: 0151 706 2760

Text phone number: 18001 0151 706 2760

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Review date: Jan 2028

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی لهلایمن تراستهوه پهسمند کراون، نهگمر داوا بکرنیت له فورماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلای موون و ئلیکترۆنیکی هیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.