



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Patient Information

Patient Initiated Follow Up

Obstetrics & Gynaecology

Patient Initiated Follow Up (PIFU)

The Gynaecology service has developed the Patient Initiated Follow Up Service, which has been specifically designed for patients who are managing their medical condition well but may have a flare up of their condition. The service will reduce unnecessary visits to hospital, reduce patient waiting times and release the clinical teams to see more patients in a timely manner.

What is 'patient initiated follow up'?

You may see this referred to as 'PIFU'. Patient Initiated Follow Up puts you in control. You can make an appointment to see us if you have any worries or concerns about your original presenting complaint rather than having a regular clinic visit. Research has shown that having a regular outpatient follow up does not help to prevent your condition returning or identify new problems. In fact, many people find that follow up visits to the hospital cause a lot of unnecessary anxiety. Many patients with long term conditions do not require regular follow up by the hospital team. Some patients express concern about losing regular contact with the hospital. Everyone has different feelings when they no longer need to be seen regularly by their medical team. For all other concerns, or if you are feeling unwell, your GP remains your first point of contact.

How do I book a patient initiated follow up appointment?

The service is quick and easy to use. Just email:-

ABB.GynaeSOS@wales.nhs.uk and we will arrange a time for a nurse practitioner to telephone you. Please note the secretaries cannot give any clinical advice. Please remember, it is important that you are available for your appointment. If you find you are unable to attend, please tell us in advance so we can try to give your appointment to someone else. Failure to do so may lead to you being referred back to your GP.

Your PIFU plan:

Patient identification label

Aim of your treatment

Contact us if you experience any of the following symptoms

1.

2.

3.

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**