



Information for patients, relatives and carers

Respiratory Physiotherapy Outpatient Service Patient-Initiated Follow-Up (PIFU)

What is Patient Initiated Follow-Up (PIFU)?

Not all patients with respiratory conditions will need regular follow-up with their respiratory physiotherapist. Instead, it is more important that patients can access care when they need it, and this is the purpose of patient-initiated follow-up (PIFU). Rather than being offered regular clinic appointments with a physiotherapist at fixed time points, PIFU patients can contact the team to arrange an appointment if or when required.

What are the potential benefits of PIFU?

PIFU puts patients in control of their own care and provides direct access to the respiratory physiotherapy team when needed. This is often more convenient for patients and reduces unnecessary travel to the hospital and time spent waiting in clinic for routine follow-up appointments. It means concerns can be acted on quickly, rather than waiting to discuss them in a planned appointment.

Are all patients with respiratory conditions appropriate for PIFU?

No, some patients will not require PIFU and will simply be discharged from respiratory physiotherapy when deemed appropriate. PIFU will be used for patients who have had all the self-management advice to manage their symptoms and who are making progress with such advice but are not deemed appropriate for discharge yet.

How does PIFU work?

Once a patient has been identified as suitable for PIFU by their respiratory physiotherapist, the process will be explained to the patient in clinic as part of their plan at the end of their appointment.

Patients being transferred to PIFU will receive this information leaflet and a contact details card for the Respiratory Physiotherapy Outpatient Service, which are also stated in this leaflet. We will write to your GP to explain that you will be managing your appointments using PIFU.

When should I contact the Respiratory Physiotherapy Outpatient Service?

You should call the team if you have any concerns regarding the effectiveness of the self-management advice provided in clinic. This could be breathlessness management advice or Airway clearance advice.

How do I contact the respiratory physiotherapy outpatient team?

You can contact the team on 01904 725 528.

What will happen when I contact them?

The respiratory physiotherapist will be made aware of your request for further input, and they may contact you to discuss your concerns and symptoms with you. If required, you will be offered a further appointment in clinic to review your symptoms.

What will happen following my PIFU appointment?

Following your appointment, the physiotherapist will discuss with you whether to remain under PIFU or whether to go back to regular appointments.

When is it not appropriate to contact the Respiratory Physiotherapy Outpatient Service?

If you require urgent medical advice, you should either contact your GP or call NHS 111. If it is an emergency, you should dial 999 or attend your local Emergency Department (A&E). For all other medical concerns, your GP remains your first point of contact.

What will happen if I do not need to contact the team?

Your PIFU period can be up to a maximum of six months. Your PIFU expiry date will be confirmed with you in clinic. If you have not required any further input, you will be discharged from the Respiratory Physiotherapy Outpatient Service on the PIFU expiry date agreed with you in clinic.

① If you have further concerns about your condition, please contact:
The Respiratory Physiotherapy Outpatient Service on 01904 725 528

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email yhs-tr.PatientExperienceTeam@nhs.net.
An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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