



Information for patients, relatives and carers

Long Covid and Post Viral Fatigue Respiratory Physiotherapy Service Patient-Initiated Follow-Up (PIFU)

What is Patient Initiated Follow-Up (PIFU)?

Not all patients with long covid and post viral fatigue 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 long covid and post viral fatigue 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 Long Covid and Post Viral Fatigue Respiratory Physiotherapy Service, which are also included 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 Long Covid and Post Viral Fatigue Respiratory Physiotherapy 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 advice for dysfunctional breathing or increasing activity levels.

How do I contact the Long Covid and Post Viral Fatigue Respiratory Physiotherapy Service?

You can contact the team on 01904 721 506.

What will happen when I contact the Long Covid and Post Viral Fatigue Respiratory Physiotherapy Service?

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 Long Covid and Post Viral Fatigue Respiratory Physiotherapy 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?

The PIFU period will expire after six months. If you have not required any further input, you will be discharged from the Long Covid and Post Viral Fatigue Respiratory Physiotherapy Service on a previously agreed expiry date.

① If you have further concerns about your condition, please contact:
The Long Covid and Post Viral Fatigue Respiratory Physiotherapy Service
on 01904 721 506

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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