

As well as talking to your rheumatology team about **PIFU**, patient organisations have information that can help you.

If you decide to try **PIFU** but it is not right for you, you can go back to having set routine appointments that are arranged for you by the rheumatology team.

If you are moving to **PIFU**, make sure you know how to get in touch with the rheumatology team when you need help or input with your inflammatory arthritis.

Watch the PIFU video here:

PLEASE INSERT PIFU VIDEO LINK

PLEASE INSERT HOSPITAL CONTACT DETAILS



<https://nras.org.uk>



Axial SpA works silently. We don't.

<https://nass.co.uk>



<https://www.papaa.org>



Patient-initiated Follow-up (PIFU)

Rheumatology teams see patients with many kinds of inflammatory arthritis. Usually, rheumatology teams arrange routine appointments with patients to see how they're doing and to talk about their symptoms and treatment. **PIFU is a different way of organising appointments.**

PIFU stands for **Patient-initiated Follow-up**. PIFU is not new in rheumatology, but it is becoming more common.

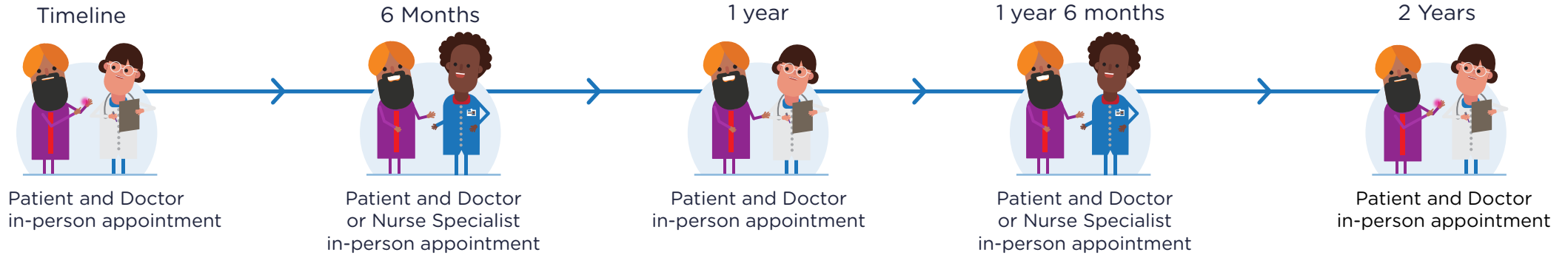
PIFU can give you control of when and how you see your rheumatology team as part of managing your condition.

With **PIFU**, rheumatology patients can ask for appointments when they need them instead of the rheumatology team arranging them at set intervals.



Regular booked appointments compared to PIFU appointments

Regular booked appointments



New PIFU (patient-initiated follow-up) appointment pathway

— No flares, symptoms under control — Flares/help required

