Template patient information leaflet

This template can be adapted to provide information to patients about the patient initiated follow up pathway (PIFU) that they have been placed on. The below example is based on PIFU after surgery. The information included should help patients understand the process and how to contact your service if required.

Providers/departments can amend this template as required to best suit the needs of the service and patients.

# Patient initiated follow up after surgery for xxx (add condition)

You have been put on a patient initiated follow up pathway. This means you will not be booked a follow up appointment with your clinician following your surgery, but you can contact us if you need to.

We have put you on this pathway because for most surgeries of this kind, people’s recovery is straightforward and they do not need to come into hospital again.

This pathway has been specially designed by the xx unit based on evidence showing that there is no advantage to regular, fixed time follow up in hospital for most patients after surgery for xxx.

**It is important that you contact us should you experience any symptoms or complications following your surgery, or if your personal circumstances change.** This leaflet outlines when and how to make contact with us if you need to.

It includes a summary of your consultation for you to keep.

Your GP will be informed and provided with information about the patient initiated follow up pathway you have been placed on.

The below gives information about your follow up care and includes:

* What to expect following your surgery
* How to get in touch with us if you need to
* Other useful information

**What to expect following your surgery**

Outline what patients can expect post-surgery; you could include information such as:

* What to expect in terms of recovery and timescales, being aware of what is normal so patients can notice any changes
* Issues to be aware of e.g. fertility, feelings and emotions, diet, exercise, relationships, etc
* Some common side-effects patients may experience, and how to manage them e.g. how to manage pain or discomfort
* Services available to patients who have completed treatment, if applicable
* What future surgeries/treatments patients may require, what those are for and how they will be arranged
* What future tests patients may require, what those are for and how they will be arranged
* Details about the patients’ medication

**How to get in touch with us if you need to**

* It is important that you get in touch with us if you experience any of the following symptoms within x weeks of your surgery:
  + Add list of symptoms to watch out for
* If any changes in your circumstances at home also affect your ability to manage your recovery, please do get in touch with the service.
* Contact us on:
  + Add contact details for the service e.g. phone number, email address, patient portal
* Outline what a patient can expect when they make contact, e.g.
  + who they will speak to (e.g. nurse specialist) how quickly they can expect a call back, or follow up appointment if applicable, and whether that appointment would be virtual or face to face.
* If you experience symptoms after x weeks, it is unlikely these are related to your surgery. Please contact your GP directly who will be able to advise on the care that you need.

**Other Useful Information:**

* Provide:
  + information on any additional support available such as counselling, Welfare and Benefits service, Medicines Information service, etc if applicable
  + further information available such as condition specific websites

**Patient Notes/Questions:**

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