

Patient initiated follow-up (PIFU) appointments for CPAP users

We are now offering people who use continuous positive airway pressure (CPAP) devices patient-initiated follow-up (PIFU) appointments.

What are PIFU appointments?

PIFU appointments are an alternative to routine follow-up appointments that we book for you. With patient-initiated follow-up (PIFU), you or your carer ask for follow-up appointments when needed.

PIFU appointments mean you:

- make fewer visits to hospital
- spend less time and money travelling to appointments
- you can still get help from our healthcare professionals if you need it

Why are we offering you PIFU appointments?

We are trying to make the service we offer to people work better. Historically our approach has been to invite everyone who uses CPAP to annual follow-up, but most people who use CPAP do not need such intensive follow-up.

How do PIFU appointments work?

Through the PatientAide app you will be able to request an appointment, you will be directed to a questionnaire and the team will be in contact with you via telephone or text.

Will you still care for me if I switch to PIFU and do not contact you?

Yes. You will remain on our patient list.

If you switch to PIFU appointments, you will be sent a questionnaire every 3 years and your follow-up will be tailored to your individual needs.

Preparing to switch to PIFU appointments

You will be sent a questionnaire via the PatientAide App, within a week of this letter, for you to tell us your response.

Some people are not appropriate for PIFU. This may include:

- people taking stimulant medications (Dexamphetamine, Methylphenidate, Modafinil, Sodium Oxybate) for example for narcolepsy.
- people who are an occupational driver (e.g. train, taxi, HGV)/pilot and are under our care for a condition which causes excessive sleepiness.

If any of the above apply to you, please opt out of PIFU in the questionnaire.

You should contact us if:

- your symptoms worsen despite using CPAP
- you are having problems with your CPAP equipment
- to ask for replacement equipment
- if your condition improves and you want to be reassessed (because you lose weight, for example)

For more urgent medical help

If you need urgent medical help, contact your GP or phone 111. If you are very unwell, go to your local accident and emergency department (A&E).

Yours sincerely,
The booking team