



**Patient Initiated
Follow-Up**



Calderdale and Huddersfield
NHS Foundation Trust

Your Patient Initiated Follow Up (PIFU) Guide Card for:

Pain Management



Pain Management

Your PIFU is now active for 6 months from your initial appointment.

For patients with a long-term pain condition, it is quite normal to experience a flare up of symptoms which may result in a temporary setback.

Using self-management strategies can help you cope with the physical and emotional aspects of pain.

Refer to our helpful resources by scanning the QR codes:

Scan for back care:



Scan for pain support:



If after reading / actioning the above information you feel you still need an appointment, please contact: Pain Clinic: 01422 224085 Stating your preference below:

☐ I prefer a telephone follow up

☐ I prefer a face to face follow up

Remember that this follow up is for the original pain problem for which you were seen in the service. If this is a new pain, please seek advice from your GP.