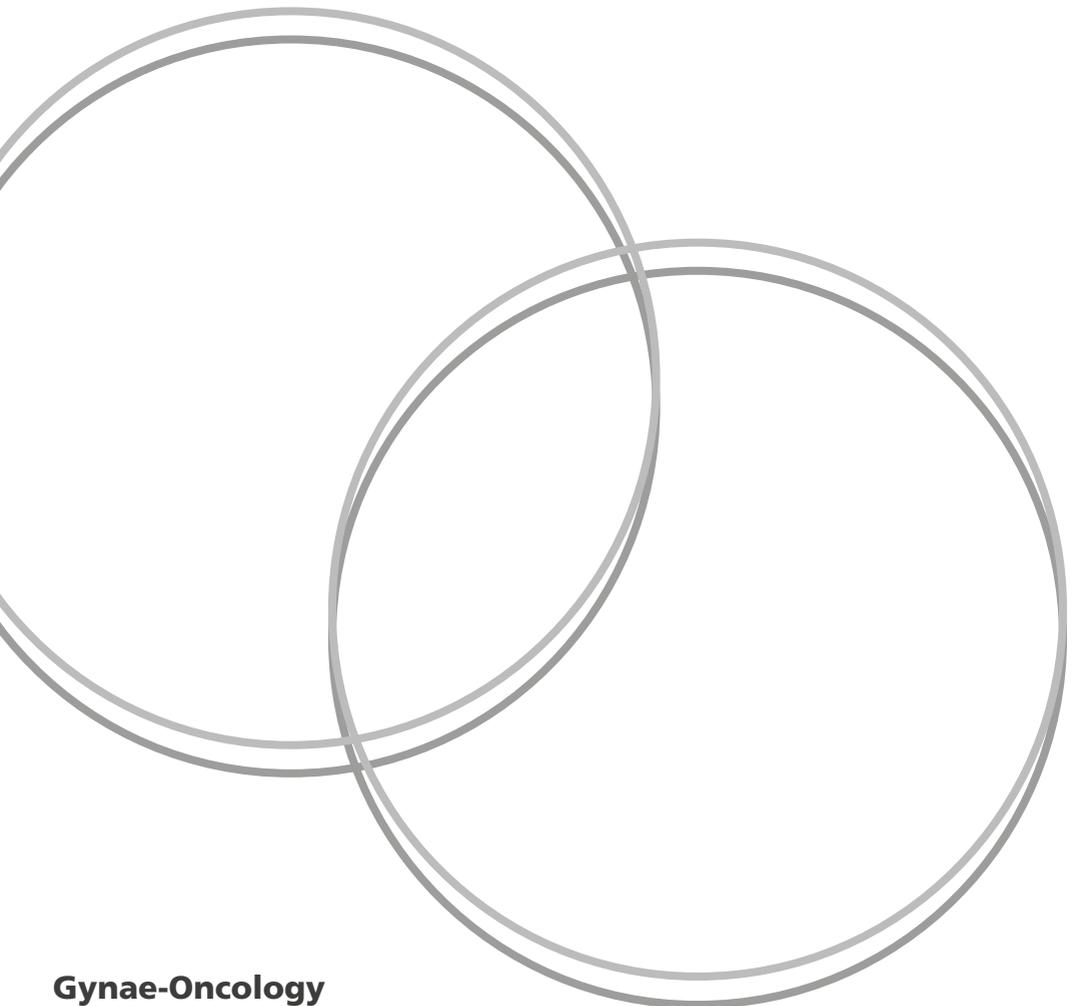


# Endometrial Cancer – Patient-Initiated Follow-up (PIFU)



In the past, patients who have completed their treatment for endometrial (womb) cancer have been seen regularly in clinic by their surgeon or oncologist for up to 5 years. The main aim of these appointments is to detect recurrences, manage side effects, improve quality of life and identify and treat concerns or anxieties. However, research has shown that having regular follow-up appointments does not help to prevent cancer returning, nor identify new problems. Follow-up appointments can also cause some patients a lot of anxiety.

## **What is PIFU?**

PIFU is patient-initiated follow-up. It empowers individuals to take responsibility for their condition and to enable early recognition of symptoms of recurrence or consequences of their treatment. The aim of PIFU is to provide a responsive service without the need for regular appointments.

Your consultant will decide if you are eligible for PIFU and at what point you will be referred onto that pathway. You will be invited to attend an appointment with a clinical nurse specialist or therapeutic radiographer within 6 weeks of referral. During this appointment we will offer you a holistic needs assessment, which is a simple questionnaire designed to identify your concerns and discuss any additional support you might require. We will also discuss life after cancer treatment and make you aware of when and how to contact us again.

## **When should I contact the team for advice?**

You should contact the team if you experience any of the following:

- Vaginal bleeding or discharge.
- Persistent problems passing urine or blood in the urine, if your GP has already ruled out whether you have a urine infection (UTI).
- Changes in bowel habits – new or alternating constipation or diarrhoea.
- Unintended or unexplained weight loss.
- Abdominal (tummy) pain.
- Pelvic pain.

These problems may be caused for a number of reasons, but it is always advisable to contact us for advice.

Please also contact us if you feel that you need emotional or psychological support.

## **Who do I contact if I have concerns?**

### **Clinical Nurse Specialist**

Telephone: **01865 235 355**  
Monday to Friday, 9am to 4pm

### **Therapeutic Radiographer**

Telephone: **01865 227 213**  
Monday to Friday, 8am to 5pm

If we are not able to answer your call immediately, please leave a message including your name, hospital number or date of birth, details of your concern/symptom and a contact telephone number so we can return your call.

## **What happens after I contact my team for advice?**

The team will discuss your concerns with you and together you will decide whether you need to come to clinic to see your consultant. Often you may find that reassurance is all that is needed, but we may need to discuss the matter with your consultant and sometimes, depending on your symptoms, tests may be ordered. We may also recommend that you see your GP.

## **Your thoughts and feelings about PIFU**

Everyone will have different feelings when they no longer need to be seen regularly by their cancer team. Some patients feel relieved that they can now start getting their lives back to normal; others may be concerned about what could happen in the future and are anxious about losing contact with their specialist team.

These feelings are all perfectly normal and your specialist cancer team will always be available for you if you need their help and expertise.

## You may find these websites useful

### **Early Menopause**

[www.daisynetwork.org](http://www.daisynetwork.org)

### **The Eve Appeal**

[www.eveappeal.org.uk](http://www.eveappeal.org.uk)

### **Macmillan**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Here for Health**

[www.ouh.nhs.uk/patient-guide/here-for-health/default.aspx](http://www.ouh.nhs.uk/patient-guide/here-for-health/default.aspx)

## Supportive programmes for after treatment

- Maggies Oxford, Where Now?
- Macmillan, HOPE programme, Hummingbird Centre, Bicester.
- Look Good Feel Better (National).

## Support groups

**Maggies Oxford**, Below the Belt

Telephone: **01865 751 882**

Email: [oxford@maggiescentres.org](mailto:oxford@maggiescentres.org)



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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