



# Fracture Clinic Self-Initiated Follow-Up (SIFU)

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**This leaflet explains what the Fracture Clinic Self-Initiated Follow-Up (SIFU) service is and how it can help you after you have been discharged from the Fracture Clinic.**

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## **What is Self-Initiated Follow-Up (SIFU)?**

Attending regular follow-up outpatient appointments scheduled by the hospital can cause unnecessary anxiety – e.g. time taken to travel, park and wait for the appointment – if your injury is recovering well. SIFU will put you in control of making an appointment (only if required) after you have been discharged.

**For all other concerns, or if you are feeling generally unwell, your GP will remain your first point of contact.**

## **How does SIFU work?**

The Fracture Team will advise you when your injury is suitably recovered for you to be discharged from the hospital's care. However, if anytime **up 6 months after the discharge date**, you then require a further appointment **for the same injury**, you can initiate the SIFU. (Discharge date: \_\_/\_\_/\_\_\_\_).

**After 6 months, you will need to see your GP for a new referral for your injury.**

## **How would I book a SIFU appointment?**

Booking an appointment to see the Fracture Team is a quick and easy process. Just follow the four easy steps on the reverse of this leaflet. Our administration team aim to arrange an appointment for you as soon as possible.

## **When should I arrange a SIFU?**

You should contact us if you feel that you have any ongoing problems with your injury – e.g. your symptoms are not improving or are getting worse – and need a review in the Fracture Clinic.

## **When not to use SIFU:**

If you require urgent medical advice, you should contact your GP, NHS 111, your local Walk-in centre or, if you are really unwell, your local Emergency Department (A&E) via NHS 111 or 999.

## **How do I make a SIFU appointment?**

If your symptoms do not settle or you feel your injury is not recovering as expected or you need advice or an appointment, just follow the steps below and the team will help you.

### **Four easy steps:**

- 1 Call the Fracture Team on 0118 322 8334**  
(between 9am and 5pm, Mon-Fri).
- 2 Explain to the team that you need to have a Self-Initiated Follow-Up (SIFU) appointment in the Fracture Clinic.**
- 3 Agree an appointment date and time.**
- 4 Attend your clinic appointment.**

In the event you need to leave a message when you call, please leave the following information:

- ✓ Your full name and date of birth.
- ✓ Your hospital number and/or NHS number.
- ✓ Telephone number where we can call you during normal hours between 8am-4pm, Mon-Fri.
- ✓ **Date of your last Fracture Clinic appointment.**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Tracey Chapple, RBFT Fracture Clinic Sister, August 2025

Next review due: August 2027