

digitalhealth

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**PATIENT  
ENGAGEMENT  
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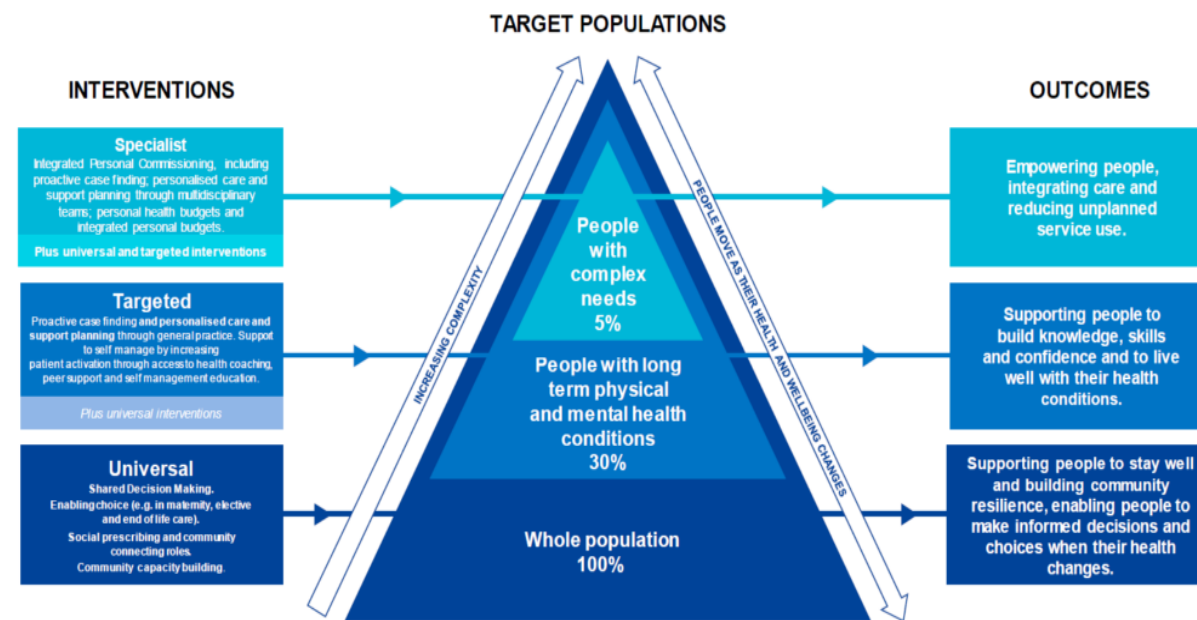
**PATIENTS KNOW BEST**<sup>®</sup>  
THE PATIENT'S COMPANY

# UHS PIFU & Supported Self-Management

- Links to the NHS Long Term Plan<sup>1</sup> (Jan 2019).
- PIFU allows patient follow up to be stratified and person centred – Personalised Care<sup>2</sup>.
- Removal of follow-up OP appointments for post treatment stable patients supported by a digital system – MyMedicalRecord (MyMR).
- During PIFU patients are never discharged
  - Continue cancer surveillance & monitoring of patients at set time, based on protocol
  - Patients empowered/educated to self-manage
  - Only seen in clinic if disease progresses or PIFU (based on recall criteria)
- UHS has been running PIFU for cancer patients since 2012, currently 6515 pts on a PIFU pathway (January 2024).
- Prostate PIFU (2014) – part of TrueNth project<sup>3</sup>, 2425 pts (January 2024).

## Comprehensive Personalised Care Model

All age, whole population approach to Personalised Care



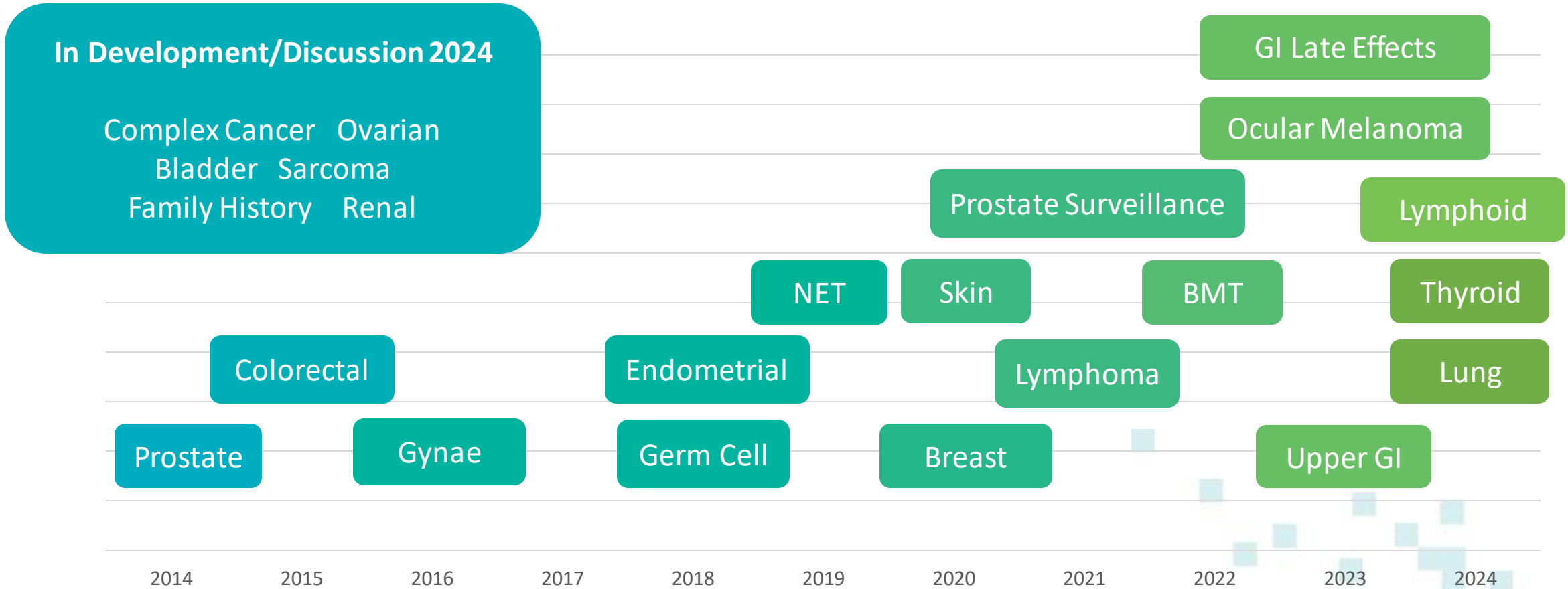
1. NHS Long Term Plan (2019) [NHS Long Term Plan](#)

2. NHS Improvement. Innovation to implementation: Stratified pathways of care for people living with or beyond cancer. A 'how to guide' (2013) <https://www.england.nhs.uk/wp-content/uploads/2016/04/stratified-pathways-update.pdf>

3. Follow-up care after treatment for prostate cancer: evaluation of a supported self-management and remote surveillance programme, Frankland et al. BMC Cancer (2019) 19:368, [Follow-up care after treatment for prostate cancer: evaluation of a supported self-management and remote surveillance programme | BMC Cancer | Full Text \(biomedcentral.com\)](#)



# My Medical Record Timeline of Cancer PIFU Development



6515 cancer pts – January 2024 on a Cancer PIFU pathway

# Governance & Safety – Organisational & Patient

## UHS Cancer PIFU Standard Operating Policy

(December 2023)

Clear Process, Pathways and Protocols



**SHARED DECISION MAKING  
& ENABLING CHOICE**

Patients enrolled on a cancer PIFU pathway and registered on the My Medical Record Tracker are never lost to follow up. If a patient is recalled to clinic, they are transferred to the recall list on the clinical tracker.



**SELF  
MANAGEMENT**

Once further face to face review or treatment is completed, the patient returns to the PIFU pathway and is reinstated on the active clinical tracker list, so that ongoing surveillance continues seamlessly

# A transactional service



Surveys, secure messaging,  
photos, videos, biometrics,  
diaries, device readings

Appointments, Lab results,  
Radiology result messages,  
documents, secure messaging

Between April 2022 – March 2023 there were **6,452 virtual reviews**

Virtual reviews saved **2,151 hours of Consultant time = £100k saved**

Virtual reviews saved patients **141,000 miles in travel & 37k kilos of carbon**



Between April 2022 – March 2023 there were **2,971 messages** between Patients & Cancer PIFU Teams

**495 hours (£10k)** of Clinical Nurse Specialist time was saved by using Messaging instead of telephone calls

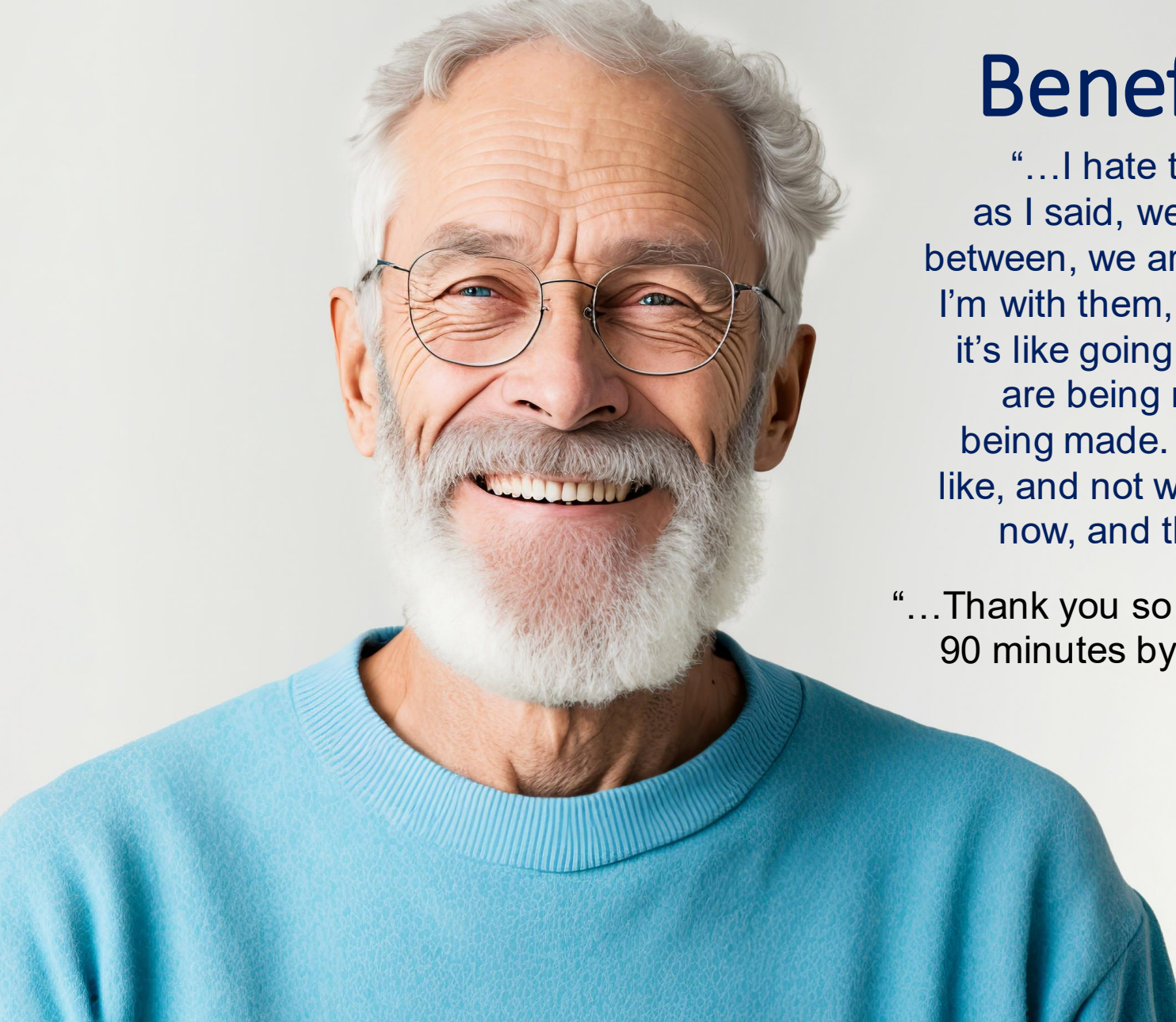
## Overall Cancer PIFU

### Benefits



My medical record

Virtual reviews saved patients **£33,409 in travel expenses**



# Benefits of Prostate PIFU

“...I hate this issue of being in the dark all the time, as I said, we live from result to result, and that period in between, we are left in the dark. I’m not any longer, I’m there, I’m with them, I’m up there with them. Any query, any issue, it’s like going to the board meeting isn’t it where decisions are being made and I can be part of those decisions being made. I really feel I am now part of the team, if you like, and not waiting for the answers, I’m up there with them now, and that’s what teamwork is all about, isn’t it...”

“...Thank you so much for getting back to me so quickly, about 90 minutes by my reckoning. What a fantastic service!...”

“...There is a significant advantage in terms of being able to access both my Schedule and results online. I’m safe in the knowledge that if I do have any concerns, I can immediately escalate them...”



My medical record

**Thank you,  
any questions?**

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