

HOW TO PREPARE FOR YOUR CF VISIT WITH YOUR PHYSICIAN

At your CF visit we will monitor your/your child's health and work with you/your child to devise a treatment plan

- Bring your Annual Checklist
- Bring your home spirometer readings
- List your major concerns
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- Review of Medications that you are currently taking:

- What will be discussed/done at your visit:
 1. General Health
 - Vitals will be measured (height, weight, BMI, oxygen level)
 2. Pulmonary
 - Spirometry to measure how well your lungs are working
 - Sputum/throat culture to see what germs (bacteria) are in your lungs
 - Your concerns and challenges with airway clearance therapies
 3. Nutrition
 - ✓ Review of diet, BMI, digestive function to determine nutritional health
 - ✓ May get blood drawn for:

- ✓ Vitamin levels
 - ✓ Indicators of liver disease
 - ✓ Indicators of diabetes
 - ✓ Indicators of infections
 - ✓ How your body is responding to an infection
 - ✓ Whether you have the right amount of certain medications in your system
 - ✓ Side effects from medications
 4. Emotional wellbeing and stressors
 5. Support for Affordable care and Treatment
 6. Devising your treatment plan