ages 10-15

CFtransition Australia

SAVE PRINT RESET FORM

Name: _____

Date: _____

This tool is to help your care team see how they can help you learn more about your Cystic Fibrosis (CF).

Please read each answer carefully before choosing the **one** answer you think is **best**. If you don't know an answer, no big deal. Just leave it blank and move on to the next question.

GENERAL CF HEALTH

1 Cystic Fibrosis:

a. Can be caught from another person
b. Only affects boys
c. Causes a buildup of thick, sticky mucus in your body
d. Is something you will grow out of over time

2 Match the treatment listed below with what it helps to do in the body:

a. Pancreatic enzymes (ie, _____)
b. Airway clearance (ie, _____)
c. Antibiotics (ie, _____)
d. CFTR modulators (ie, _____)
e. Vitamins (ie, A, D, E, & K)

◯ May help improve how the salt channel works
◯ Help fight infections by killing bacteria
◯ Loosen thick, sticky mucus in your lungs
◯ Support the normal growth, function, and health of our bodies
◯ Break down food for your body to use

3 What do mucolytics (such as dornase alfa) help to do?

a. Digest food
b. Thin mucus to make it easier to cough out
c. Fight infections
d. None of the above

4 Bronchodilators help by:

a. Fighting infections
b. Making mucus thicker
c. Opening the airways
d. None of the above

5 Match the care team member with how they help you manage your CF:


A Dietitian or Nutritionist


B Respiratory or Physical Therapist


C Nurse


D Doctor


E Social Worker or Psychologist


F Research Coordinator

◯ Gives you emotional and social support
◯ Helps you keep a healthy weight and create an eating plan
◯ Gives you pulmonary function tests (PFTs). Also teaches you the right way to use airway clearance and nebulizer equipment
◯ Provides details and answers your questions on clinical research trials and can help you know if a new trial is right for you
◯ Creates your medical plan and prescribes your medicines
◯ Coordinates your CF care and tells other members of the care team when your care plan changes

CF Transition Australia was developed in collaboration with a multidisciplinary team of CF experts.

next page >

GENERAL CF HEALTH

Please read each answer carefully before choosing the **one** answer you think is **best**.
If you don't know an answer, no big deal. Just leave it blank and move on to the next question.

6 People get CF by:

a. Touching someone who has CF
b. Getting a bad fever as a baby
c. Getting a CF gene from both parents
d. None of the above

7 What part(s) of the body can CF affect?

a. Pancreas
b. Intestines
c. Lungs
d. All of the above

8 Most people with CF have mucus that is:

a. Thin and dry
b. Thin and sticky
c. Thick and sticky
d. Hard and cold

9 Which is not a symptom of CF?

a. Coughing and wheezing
b. Frequent lung infections
c. Trouble with learning
d. Poor weight gain

10 Which of these are signs or symptoms of a flare-up or exacerbation (a lung infection that needs tougher treatment)?

a. Coughing up more mucus than usual
b. Shortness of breath or wheezing
c. Feeling bad or run down
d. All of the above

11 How long should you wait before telling your parents or CF care team that you are feeling sicker or worse than usual?

a. A week later
b. After a few days
c. Right away
d. None of the above

12 When a flare-up or exacerbation (a lung infection that needs tougher treatment) occurs, it means you may need:

a. To take more enzymes
b. To do extra treatments and take more medicines
c. To eat less
d. None of the above

13 Some people with CF may also get:

a. CF-Related Diabetes (CFRD)
b. Depression
c. Liver disease
d. All of the above

The following questions are for people with CF ages 13-15 only:

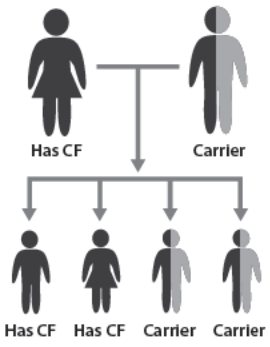
14 True or False? A CF carrier is someone who has only one copy of the CF gene mutation.

a. True
b. False

Use the image below to help you answer the next question:

15 If a person with CF has a baby with someone who doesn't have CF, but who is a carrier, the baby:

a. Will always have CF
b. Will have a 50% chance of having CF
c. Will never have CF
d. None of the above



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