

SAVE

PRINT

RESET FORM

CFtransition
Australia

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.



LUNG HEALTH & AIRWAY CLEARANCE

1 Which is true about most people who have CF?

- Lung infections are common
- Thick, sticky mucus helps germs grow in the lungs
- Lung infections can cause damage to the lungs over time
- All of the above

2 Mucus is usually _____, but for people with CF it is _____.

- Hard; Soft
- Thin and watery; Thick and sticky
- Yellow; Neon pink
- Thick and sticky; Thin and watery

3 Pulmonary Function Tests (PFTs), or spirometry, are tests that*:

- Show how well your lungs are working
- Only need to be done once a year
- Determine how many enzymes you need to take
- Are done with mucus samples

4 Which of the following is a sign of a flare-up or exacerbation (a lung infection that needs tougher treatment)?

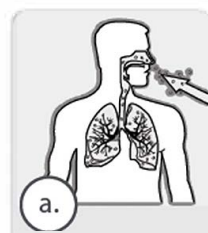
- Increased cough
- Increased appetite
- Loose stool (poop)
- Less mucus

5 I should tell my parent or CF care team right away if I:

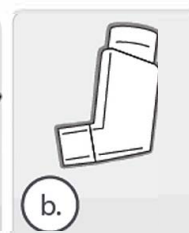
- Am coughing up blood
- Have shortness of breath
- Have chest pain of any kind
- All of the above

6 Put the following images of CF airway treatments in the correct order that they should be taken*:

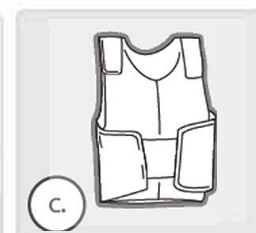
- Step 1 Step 2 Step 3



a. Inhaled antibiotics



b. Inhaled short-acting bronchodilator



c. Airway clearance

7 How can you lower the number of flare-ups or exacerbations (lung infections that need tougher treatment) you get?*

- Stay away from someone who has a cold
- Get a flu shot
- Keep up with your airway clearance
- All of the above

8 Which of these are common CF lung bacteria (or germs)?

- MRSA (or Methicillin-resistant *Staphylococcus aureus*)
- Pseudomonas (Pseudomonas aeruginosa)*
- Staph (*Staphylococcus aureus*)
- All of the above

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Please read each answer carefully before choosing the **one** answer you think is **best**.
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9 What is the PFT (or lung function) measure that your care team tracks most closely?

- a. FEV₁ (Forced Expiratory Volume in 1 second)
- b. FVC (Forced Vital Capacity)
- c. BMI (Body Mass Index)
- d. None of the above

10 Match the lung medicines below with what they do in your body:

- a. Bronchodilators Opens your airways
- b. Mucolytics Inhaled medicines that add liquid to the mucus in your airways to make it easier for you to cough up
- c. Hypertonic saline Inhaled treatment that helps fight or helps you to manage certain bacteria in your lungs
- d. Inhaled antibiotics Inhaled medicine that thins your mucus

11 Which of these is an airway clearance method?

- a. High-Frequency Chest Wall Oscillation (vest)
- b. Positive Expiratory Pressure (PEP) devices
- c. Chest Physical Therapy (CPT)
- d. All of the above

12 The best kind of cough to clear your airways is:

- a. Barking cough
- b. Huff cough
- c. Dry cough
- d. None of the above

13 You should do your airway clearance therapies more often when you:

- a. Are feeling good
- b. Have a flare-up or exacerbation (a lung infection that needs tougher treatment)
- c. Have a stomach ache
- d. None of the above

14 True or False? Exercise can help improve your lungs.

- a. True
- b. False

15 If you have more cough, darker mucus or have less energy and appetite than usual, you should:

- a. Take more enzymes
- b. Ignore it
- c. Tell your parents or CF care team right away
- d. Tell your parents to let you watch an extra hour of TV

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