

GENERAL CF HEALTH

Name: _____

Date: _____

Note: This is not a test. This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

***1. To make the most out of your clinic visit, you should:**

- a) Write down your questions before going to your clinic visit
- b) Ask your CF team to write down changes in your treatment plan
- c) Keep a journal or write down changes in your health
- d) Ask questions if you don't understand something
- e) Answers a and d
- f) All of the above

***5. Being open and talkative with your CF team is important because:**

- a) You know the most about your body
- b) They are nosy about your life
- c) The team needs to get information from you
- d) It helps your clinic visits go faster
- e) It is for your CF team to gather information about your health and wellbeing
- f) Answers a, c, and d
- g) All of the above

***2. Worsening of cough, increase in volume of mucous, or decrease in energy levels means:**

- a) Should be watched until the next clinic visit
- b) Can mean you're getting an infection
- c) Show that you need to eat more

6. Adherence to your CF medications means:

- a) Taking all your medication doses as prescribed
- b) Completing at least one course per day of your CF treatment
- c) Taking at least half of your doses
- d) Taking your medication regularly when you get sick

***3. When you might have a lung exacerbation, you should:**

- a) Wait a week and see if you get better
- b) Take extra vitamins
- c) Call your CF Team when you develop a fever
- d) Call your CF Team right away

7. Being non-adherent (eg, taking a treatment once a day when prescribed twice a day) can:

- a) Lead to a substantial worsening of your disease
- b) Increase the number of hospitalisations you experience
- c) Increase your healthcare costs over time
- d) All of the above

4. If you cough up a small amount of blood on a Friday night, what should you do?

- a) Do your nebuliser treatments and airway clearance
- b) Wait and see if it happens again
- c) Contact the CF doctor on call
- d) Call the CF clinic to make an appointment

8. It is important to transfer from a paediatric to adult care team because:

- a) You turned 18
- b) The adult CF team members have specific training to deal with adult issues
- c) Your medicines and treatments need to change
- d) Your paediatric team does not have room for patients over 18 in clinic

For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on.

9. Indicators of a successful CF transfer from paediatric to adult care include:

- a) You manage the process of scheduling clinic visits
- b) You answer questions about your symptoms, medications and other health-related issues when you meet with your CF care team
- c) You are primarily responsible for setting up and doing your treatments
- d) You feel prepared for the transition
- e) All of the above

10. Potential complications of CF do not include:

- a) Bone disease and arthritis
- b) Hair loss
- c) Diabetes and asthma
- d) Depression
- e) Gastroesophageal reflux disease (GERD)