



## **Physiotherapy at clinic appointments**

The specialist physiotherapist for Cystic Fibrosis is me, Natasha Pickering. I will aim to see you at each CF team clinic appointment that you have at the hospital. If I am not available in clinic I will offer an alternative appointment. **I will go through a full assessment with you which may include :**

- Talking with you about how things have been since we last saw you
- Talking with you about your physio, exercise and nebuliser/inhaler routine at home and any problems with it
- Asking you questions about whether you have any problems that are common in people with CF like joint or continence problems
- Clinical tests like measuring oxygen levels, heart rate, lung function and taking sputum samples
- Discussing and making sure you understand the results of these tests
- Discussing our assessment with the rest of the CF team so they know about any problems ,so that as a team we can make sure you get the best treatment
- Discussing the options with you for any changes needed to your treatment
- Making sure you know how to contact the CF team if required before your next appointment

**If needed, and if we and you have time at your clinic appointment we may :**

- Check and if necessary, change your chest physiotherapy and let you know about any new treatments /devices available
- Check your nebuliser/inhaler medications and equipment, making sure you can use them without any problems and let you know about any new treatments /devices available
- Test any new inhaled medications with you making sure they are suitable and appropriate

If there isn't time we will offer you an appointment to come back to the hospital as an outpatient to do this.

**We may also:**

- Refer you to a specialist physiotherapist for any joint, muscle, posture or continence problem
- Point you in the right direction for advice if you are having problems that we don't directly deal with ,for example work problems etc.

**If at any time you are unhappy with your treatment or you have ideas to improve the CF physiotherapy service please let me or another member of the CF service know.**