



Physiotherapy during an admission

The specialist physiotherapist for Cystic Fibrosis is me, Natasha Pickering. When I am not here one of the other respiratory physiotherapists will see you.

At admission

We will go through a full assessment with you which may include:

- Talking with you about what has brought you in
- Talking with you about your routine at home and any problems with it
- Clinical tests like lung function, listening to your test and taking sputum samples
- Asking you questions about whether you have any problems that are common in people with CF like joint or continence problems
- Checking your physiotherapy to clear your chest, and any exercise that you are doing
- Discussing what you want to get out of the admission and planning / agreeing your treatment with you
- Discussing the assessment with the rest of the CF team so they know about any problems

During your stay

We will see you at least once a day during the week. We will discuss/ agree weekend input at each admission. During your stay we can :

- Check and change your chest physiotherapy if required, and let you know about any new treatments/devices available
- Help you with doing your chest physiotherapy if needed
- Provide you with exercise equipment in your room and the opportunity to exercise in the physiotherapy department gym area
- 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 to make sure they are suitable and appropriate
- Refer you to a specialist physiotherapist if you need treatment 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
- Monitor how things are going and work with the rest of the CF team to make sure you get the best possible treatment

At the end of your stay

We will make sure that you are seen before you go home and will :

- Talk with you about how your stay has been
- Carry out repeat clinical tests like lung function, listening to your chest, taking sputum samples, checking how well you have responded to treatment
- Talk with you about your routine at home and any changes that have been made
- Check the physiotherapy to clear your chest and exercise that you are planning to continue at home
- Check your nebulisers/ inhalers and make sure that you can use them without any problems
- Make sure that you have been referred for any further physiotherapy that you need for problems with joints, muscles, posture and continence etc
- Make sure we let the CF team know what has been planned for home
- Make sure you know how to contact the CF team if needed before your next appointment

If at any point you are unhappy with your treatment or have ideas for CF physiotherapy service improvement please let me or another member of the CF service know.