Questions

Physiotherapist : Ronan Buckly

How should activity be measured in their opinion :

**Fitbit watch or inbuilt app on apple iphones (health) which automatically records a person's steps but only when the phone is being held.**

What day to day physical activity would they recommend for a patient with CF. What kind of sports would help improve or maintain a patient's overall physical activity.

**Skipping as this shakes the lungs at a high intensity, jumping on trampoline, jogging and walking as this raises the heartbeat. Football or athletics would help the patient maintain fitness and strength, dancing would help introduce more oxygen into the lungs at an ideal pace, however it depends on the patient’s ability. Tennis may be more suitable to sickly patients as it would stretch arm and chest muscles and provide them with light movement.**

What would their thoughts be on integrating how often a patient uses their Acapella with the application showing a history since their last visit.

**This would be beneficial as they can view how many times they have done their physio and if it has been less than usual they can compare this with their lung function to see if its decreased and it would allow them to adjust their physio needs efficiently with the lung function.**

If a spirometry could be made to accurately measure the lung functionality once a week would this help when a patient has their appointed vist.

**Yes, it would allow the doctor to investigate why it may be lower on certain weeks opposed to others. They can take into account external factors e.g. exercise, physio being done that week and compare results. Advice can then be recommended to the patient on their treatment for the future and can be adjusted when needed.**

Any recommendations or thoughts they have would be greatly appreciated.

**Have a way to monitor oxygen levels and your heart rate. These levels are monitored closely in patients with cf and can tie into a patient's overall picture of health.**

Dietician : Lynda o shaughnessy

What do you use to monitor patients with CF’s dietary requirements.

**They sit down with the patients and have to trust them to tell the truth in what they have been eating and what supplements have been taken. They take note of it in their personal chart which may be difficult to source previous notes as a patient may have seen numerous other people who have written in there after the dietician. They are given a food diary to fill out once a year and it is assessed at their annual assessment. This just contains boxes and meal times where they just write in what they have eaten, drank and how many enzymes they have taken with this.**

What would they like to see in a diary specifically made for CF patients.

**Easy to use and maybe a separate place to monitor medication taken daily. Perhaps a list of different food groups where they just have to tick what they have eaten and time they ate at recording how big of a portion they had of it. A complete record of what a patient eats day to day would be desirable.**

Should the diary provide advice.

**Yes, it should provide guidelines of what they should be eating and replacements for food that they have not been eating. It should contain the food pyramid which they can refer to when planning their meal as it shows what nutrients and what portions of these nutrients they should be consuming everyday. It is up to the dietician to adjust this to each patient and discuss with them what type of a balanced meal is right for them.**

Should a calorie counter be used.

**Yes, this would be helpful to compare with their weight gain as many cf patients suffer with weight gain due to their mucus in their pancreas reducing the efficiency of their natural enzymes.**

Would a creon counter be helpful.

**Yes, as every patient’s creon needs are different and it can show a dietician how much creon they are taking everyday and to show the patient how much they should be taking.**

What would they like to see in a CF food diary.

**Depending on the patient’s weight. In a slim patient a dietician would like to see many fatty foods e.g. meat, carbohydrates e.g. bread, pasta. In an overweight patient their diet should include unsaturated fats e.g. avocado, low fat products e.g butter. In every patient iron, calcium, protein, vitamins and water should be included in their diary.**