

CLINICAL CARE CHECKLIST FOR ADULT CARE IN CYSTIC FIBROSIS

This checklist is intended to encourage partnership between clinicians and individuals with cystic fibrosis, and track tests and procedures recommended by the Cystic Fibrosis Foundation guidelines. It is not intended to be a comprehensive list of guideline recommendations. For full details, please refer to the published guidelines at cff.org/Clinical-Care-Guidelines.

If the CF center provides primary care to the patient, health maintenance should be provided in accordance with the national guidelines for age and gender.

ANNUAL

- Minimum of one [comprehensive evaluation](#) by each team member:
 - Assess ability to sustain therapies.
 - Identify relevant psychosocial issues.
 - Identify specific medical issues.
- [Depression and anxiety](#) screening.
- [Influenza vaccination](#) for adults with CF and their close contacts.

LABS

- [Serum levels](#) (adjust vitamin doses as needed):
 - Retinol
 - 25-Hydroxy vitamin D
 - Vitamin E
- 2-hour, 75-gram oral glucose tolerance test for [cystic fibrosis-related diabetes](#) (CFRD) in all adults with CF who do not have CFRD.
- [Panel of liver function tests](#) (LFTs):
 - Serum aspartate aminotransferase (AST)
 - Bilirubin
 - Alkaline phosphatase (ALP)
 - Alanine aminotransferase (ALT)
 - Gamma-glutamyl transferase (GGT)

CULTURES

- Complete [microbiological assessment](#) (culture and sensitivity) of expectorated sputum, including antibiotic susceptibility testing, at least once per year (but preferably quarterly).

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 - Oropharyngeal (throat) cultures in individuals with CF who cannot expectorate to determine if they are infected with *P. aeruginosa* if they are not colonized with *P. aeruginosa*.
- [Nontuberculous mycobacteria](#) (NTM) culture in individuals with CF, with a stable clinical course, and who are able to produce a sputum sample.

AT EVERY CLINIC VISIT

- [Quarterly clinic visits](#):

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- [Pulmonary status](#) monitoring by assessing symptoms, physical examination, and, on most visits, spirometry.
- [Liver and spleen](#) examination by palpation and percussion.
- [Medical regimen](#) review to assess ability to manage and sustain daily CF therapies and discuss potential side effects from medications.

AT OTHER INTERVALS

ROUTINELY

- [BMI](#) assessment in adults 20 years and older, aiming for: women at or above 22 and men at or above 23.

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- Education on [nutritional care](#) and the role of [enteral tube feeding](#).

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- Discussion of disease trajectory and treatment options, including [lung transplantation](#).

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EVERY 2-4 YEARS

- [Chest X-rays](#) (posterior, anterior, and lateral) in individuals with CF and stable clinical status.

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EVERY 5 YEARS

- DEXA scan unless otherwise indicated per [bone health and disease guidelines](#).

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- [Colorectal cancer screening](#) beginning at age 40, and re-screening every 5 years, unless otherwise indicated by the CF Foundation colorectal cancer screening guidelines.

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NOTES FROM TODAY'S VISIT

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TO LEARN MORE

This checklist refers to the following CF clinical guidelines:

- [Adult Care Guidelines](#)
- [Bone Health and Disease Guidelines](#)
- [CFRD Guidelines](#)
- [Colorectal Cancer Screening Guidelines](#)
- [Depression & Anxiety Guidelines](#)
- [Enteral Tube Feeding Guidelines](#)
- [Infection Prevention and Control Guidelines](#)
- [Lung Transplant Referral Guidelines](#)
- [NTM Guidelines](#)
- [Nutrition in Children and Adults Guidelines](#)
- [Pseudomonas aeruginosa Eradication Guidelines](#)
- [Vitamin D Deficiency Guidelines](#)

For summaries and full recommendations from all published CF clinical care guidelines, visit cff.org/Clinical-Care-Guidelines



COMPASS CAN HELP

The CF Foundation can help people with CF and their families understand their insurance coverage options and connect them to the right resources.

Call **844-COMPASS** (844-266-7277) or email compass@cff.org

For questions, call **800-FIGHT-CF** (800-344-4823) or email info@cff.org