Everyday Life with CF and Infection Control

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Adding tomorrow's every day.

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Everyday Life
with CF and
Infection Control

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Good Infection Control Practices

• Do frequent hand hygiene
• Do respiratory hygiene
• No socializing with others with CF
• Educate friends and families about infection control
• Ask them to stay away from people with CF if they are sick
Staying Healthy

Make a Plan to Stay Healthy

Most people with cystic fibrosis manage their disease with routine care at a CF Foundation-accredited care center. Staff at CF Foundation-accredited care centers partner with people with CF to develop individual treatment plans. These plans typically include high-calorie, high-fat diets, therapies to loosen the clogged mucus from their airways, and mucus-thinning drugs and antibiotics when needed.

By following a treatment plan developed with their CF care center team, many people with CF can slow down the progression of their disease. A healthier body is better able to deal with bacteria and chronic lung infection.

Avoid the Spread of Germs

Cystic fibrosis puts the airways at risk for lung infections. There are, however, effective ways to lessen the risk. One way is to limit contact with known germ sources.

Although germs are everywhere and cannot be avoided, one of the best ways to keep from catching or spreading germs is through effective hand-washing, whether with soap and water or hand gel.

Everyone with CF should avoid unnecessary contact with people who have a cold or any other contagious illness, and should cough and sneeze into a tissue.

Learn more about methicillin-resistant Staphylococcus aureus (MRSA). It’s all about good hand hygiene!
H1N1 Flu

Novel H1N1 Flu (Swine Flu)

Site last updated August 7, 2009, 11:00 AM ET

Vaccination Recommendations

With the new H1N1 virus continuing to cause illness, hospitalizations and deaths in the US during the normally flu-free summer months and some uncertainty and about what the upcoming flu season might bring, CDC's Advisory Committee on Immunization Practices has taken an important step in preparations for a voluntary novel H1N1 vaccination effort to counter a possibly severe upcoming flu season. On July 29, ACIP met to consider who should receive novel H1N1 vaccine when it becomes available.

Learn More >>

More on the Situation

- **Background**
  Learn about the emergence of the novel H1N1 virus in the United States and WHO's declaration of a novel H1N1 pandemic.

- **General Information**
  Basic information about H1N1 flu and you, including how to take care of a sick person and what to do if you get sick.

- **Facts and Figures**
  A summary of key novel H1N1 disease characteristics.

- **FluView**

- **CDC Response**
  A summary of CDC activities

- **International Situation Update**
  The Southern Hemisphere is in the middle of its flu season, and we have reports of what is happening there.

- **Guidance**
Infection Control in Healthcare Settings

The Division of Healthcare Quality Promotion (DHQP), protects patients, protects healthcare personnel, and promotes safety, quality, and value in the healthcare delivery system by providing national leadership for nine key areas. [More about DHQP...]

Infection Control Guidelines

This collection of guidelines pertains to keeping patients and healthcare workers in healthcare settings protected from infectious diseases.

Infection Control Guidelines

Featured Items:

- **State HAI Plan Template**
  In response to the increasing concerns about the public health impact of healthcare-associated infections (HAIs), the US Department of Health and Human Services (HHS) has developed an Action Plan to Prevent Healthcare-Associated Infections (HHS Action Plan).

- **The Direct Medical Costs of Healthcare-Associated Infections in U.S. Hospitals and the Benefits of Prevention**
  This report uses results from the published medical and economic literature to provide a range of estimates for the annual direct medical hospital cost of treating healthcare-associated infections (HAIs) in the United States.

- **WHO Launches Global Initiative to Address Hand Hygiene on May 5, 2009**
  CDC promotes hand hygiene in healthcare settings

- **Clostridium difficile**
  Over the past 2 years, several states have reported
Find a Clinical Trial

Search by state, age of participants needed, type of therapy, and other key features for those CF clinical trials and studies that are currently recruiting. Contained in each clinical research summary are words that are hyperlinked to a glossary. Should you click on a hyperlink, you will need to use the back button in your browser to return to the summary.

The clinical trials and studies contained on this Web site have been reviewed and sanctioned by the CF Foundation’s Clinical Research Committee, Data Safety Monitoring Board and/or the Therapeutics Development Network’s Protocol Review Committee.

To learn more about CF clinical research and the benefits of participating in a clinical trial for CF, click here.

View All Trials and Studies

OR limit search results...

Enter state of patient’s location:
Select patient’s age:
Limit to post lung transplant trials/studies:  
- No
- Yes
- □ Limit by type of therapy
  - Restore Airway Surface Liquid
  - CFTR Modulation
  - Anti-inflammatory Therapies
  - Anti-infection Therapies
  - Nutrition/GI Therapies
Please complete the evaluation!

| Adding tomorrows every day.
Thank You

• …for watching
• John LiPuma, Lisa Saiman, Cathy Wood and Evin Green
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