



CF in Belgium

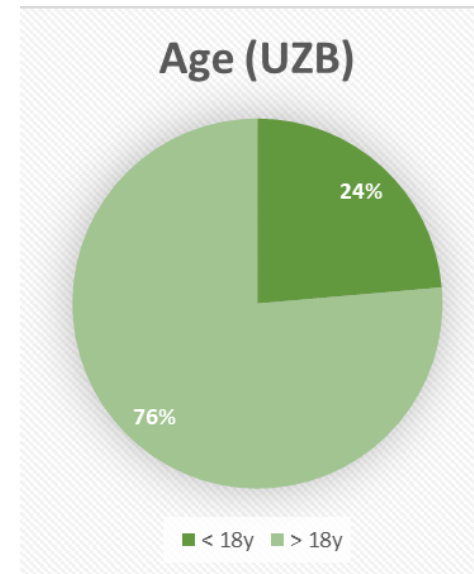
ECFS Nursing Special interest Group – Glasgow 2024

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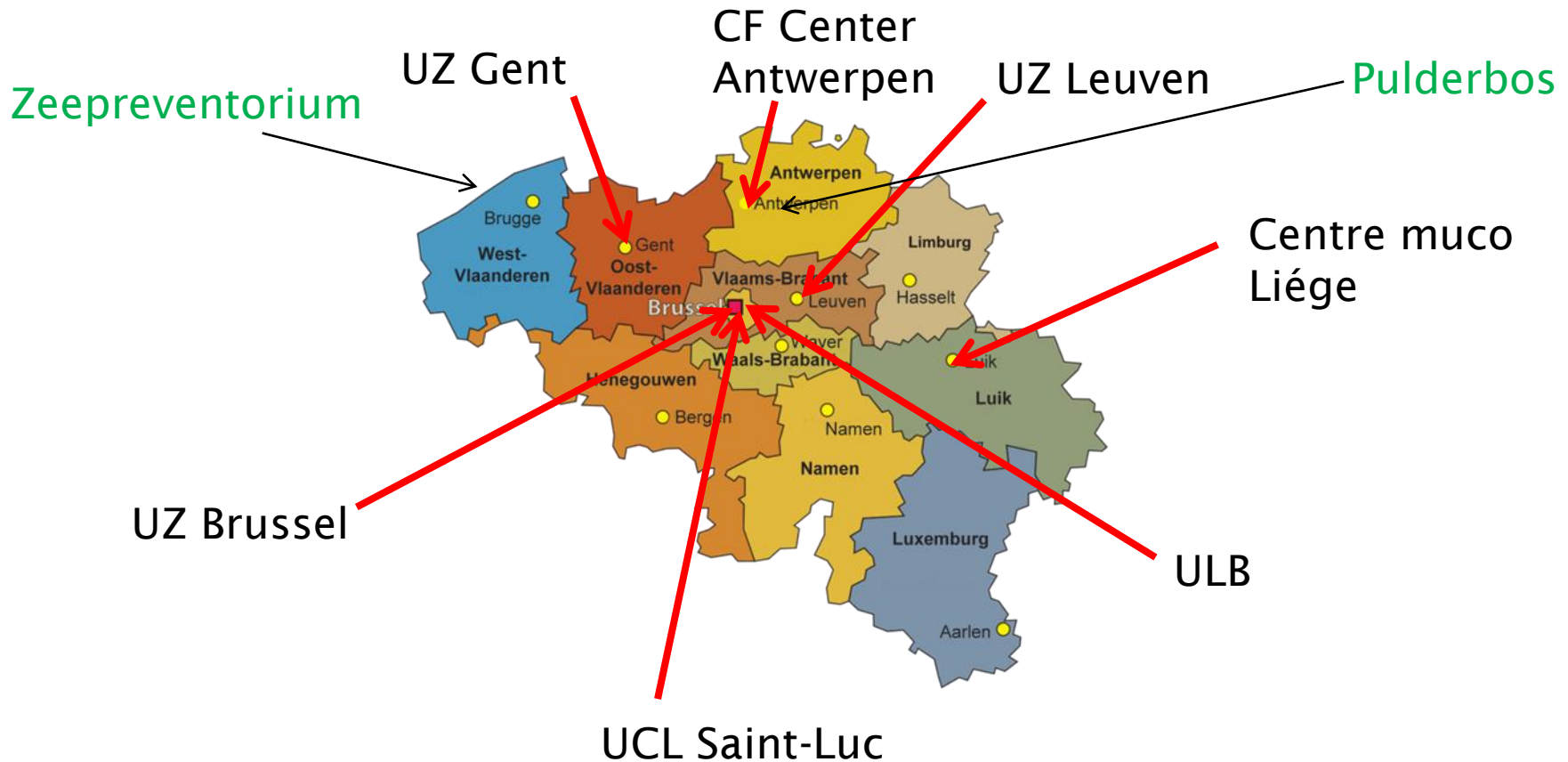
Belgium (2021)

- Population: 11,59 Million
- 1379 people with CF
 - 65,8 % > 18 years
 - 14 % transplanted
 - 33 new diagnoses, average age at diagnosis 4,4 months



Belgium

- 7 CF reference centres & 2 **rehabilitation centers**



Our CF-center (2024)



- 144 Patiënten
- 34 Children (<18 years)
- 110 Adults (>18 years)
- Oldest: 65 years
- Youngest: 4 months

Our team

	Pediatric	Adults
Pneumologists	2	2
Gastro-enterologists	1	2
Endocrinologist	1	1
Nurses	2	2

Both pediatric and adults	
1 Dietician	2 Physiotherapists
1 Psychologist	1 ENT-doctor
1 Social Worker	3 Secretaries

Modulator therapy in Belgium

Since		
2016	Kalydeco [®]	Ivacaftor
2021	Orkambi [®]	Lumacaftor - Ivacaftor
2021	Symkevi [®]	Tezacaftor - Ivacaftor
2022	Kaftrio [®]	Ellexacaftor – Tezacaftor - Ivacaftor

Our CF-center in general

- Weekly multidisciplinary consultation
- Weekly multidisciplinary meeting
- Adults and pediatrics separated
- BUT at the age of 18 transition
- Both IV therapy at home and in the hospital
- At least 4 multidisciplinary consultations a year
- 1 annual check-up

MY job at our CF-center

- **Coordination:**

- Smooth running of the multidisciplinary consultations (who is where, what still needs to be done?, ...)
- Scheduling follow-up appointments /manage calendar
- Follow-up consultation /results/ ill patients
- Planning the annual check-up
- Back-up in the absence of the doctor
- Extra attention for transition!

MY job at our CF-center

- First point of contact for patient, family
- Reachable by phone
- Scheduling admission + Follow-up of hospitalized patients
- Further training / meetings

What kind of CF-nurse do i want to be?

- Being accessible
- Always available during the day
- Providing a place where patients feel comfortable
- Providing good care!
- Multidisciplinary work
- Good contacts with other services
- Being empathetic: laughing, crying, more serious conversations...

Extra attention for

- Prevention of cross-infections
- Organise a smooth multidisciplinary follow-up
- Give evidence based care
- A good collaboration between pediatric and adult care/transition

I Can Fix It!



I'm a NurSe!

