

# Cystic Fibrosis Research News

**Title:**

ENVIRONMENTAL RISKS OF *PSEUDOMONAS AERUGINOSA* – WHAT TO ADVISE PATIENTS AND PARENTS

**Author:**

Balfour-Lynn IM

**Affiliation:**

Department of Paediatric Respiratory Medicine, Royal Brompton Hospital, London, UK.

**Summary:**

Many people with cystic fibrosis (CF) and their families are worried about getting *Pseudomonas aeruginosa* (PsA) infection. Whilst it can be caught from another person, it is likely that most comes from the environment outside of hospitals, for example in homes or gardens. PsA is found almost everywhere, but particularly in water and soil.

This review has provided information for CF Teams on how best to advise people with CF as well as their parents/carers and families, on what precautions to take to avoid PsA. There are certain things that we definitely recommend avoiding. However, it is important that children lead as normal a life as possible and not miss out on fun activities with family, school and with friends. So the advice takes this into account, and says where activities can still take place but with some extra care, which usually involving thorough hand washing. Finally, there are some things that must definitely still take place and not be avoided.

Advice is given in different categories seen in the boxes –

Things to definitely avoid
<i>Soil-based</i> Compost & manure Cleaning stables and other animal enclosures
<i>Water-based</i> Hot tubs, whirlpools, spa pools, Jacuzzis, Hydrotherapy pools Tropical greenhouses, butterfly houses Outdoor misting systems Squirting bath toys

# Cystic Fibrosis Research News

Swimming in stagnant ponds & canals Fish tanks
---

<b>Things to take precautions with but allow</b>
--

<i>Soil-based</i>
-------------------

Digging in the garden soil, playing in the park, playing outdoor sports
--

Muddy puddles
---------------

Mud kitchens
--------------

Clay
------

<i>Water-based</i>
--------------------

Swimming – sea, freshwater lakes, rivers, swimming ponds, swimming pools
---

Inflatable paddling pools
---------------------------

Water pistols and ‘super-soakers’
-----------------------------------

Water amusement parks
-----------------------

Play fountains / splash pads / spray pool / garden water sprinklers
--

Sandpits and sandy beaches
----------------------------

Touch pools in a public aquarium
----------------------------------

Petting zoos and farm visits
------------------------------

Caves
-------

Snow
------

Showers, sinks & bath taps
----------------------------

Flushing toilets
------------------

Flower vases
--------------

Humidifiers & vaporisers
--------------------------

Air conditioning
------------------

<b>Things that must not be avoided</b>
--

Going to the dentist
----------------------

Drinking water
----------------



# Cystic Fibrosis Research News

Original Manuscript citation in PubMed:

<https://pubmed.ncbi.nlm.nih.gov/33323351/>

**Cystic Fibrosis Research News**

[cfresearchnews@gmail.com](mailto:cfresearchnews@gmail.com)