

Clinical Care Guidelines for Cystic fibrosis

Outpatient and Inpatient

The Committee on Nursing Care of the German Cystic Fibrosis Association presents a new, completely revised edition of its guidelines for CF nursing care. The guidelines are addressed to all those nursing professionals who take care of children, young people or adults as in- or out-patients or in rehabilitation. Once and again we witness that the quality of nursing care for CF patients heavily depends on the know-how of those who treat them, of families and, of course, of the patients themselves. The new edition of the guidelines offers comprehensive up-to-date support in nearly all caring situations.

In spite of substantial medical progress we still observe very severe courses of disease progression where children die early or young people in their early teens have to rely to receive new lungs. In recent years, the perspective to get much older living with the disease has considerably improved. Many new challenges arise from these positive developments. Very often they have to deal with secondary diseases that go along with higher life expectancy, among others CF related Diabetes.

The life expectancy for all those who experience this still incurable disease has improved substantially during the last 20 years and by now is approximately 40 years.

This success is based on three main factors: better knowledge of physiological and chemical processes connected with the disease; treatment by interdisciplinary teams; and by the empowerment of patients. Besides medicine management, physiotherapy and sports, the main components of therapy are education for and support of the patients' independence. To live with Cystic Fibrosis also means to maintain discipline and to keep up motivation every day for more than 40 years, as well as to practice a salutogenetic approach to preserve personal health as much as possible. The guidelines, as a kind of handbook, aim at comprehensive support for all those involved in CF nursing for children and adults. They address primarily nursing professionals, caring families or relatives, and all others concerned.

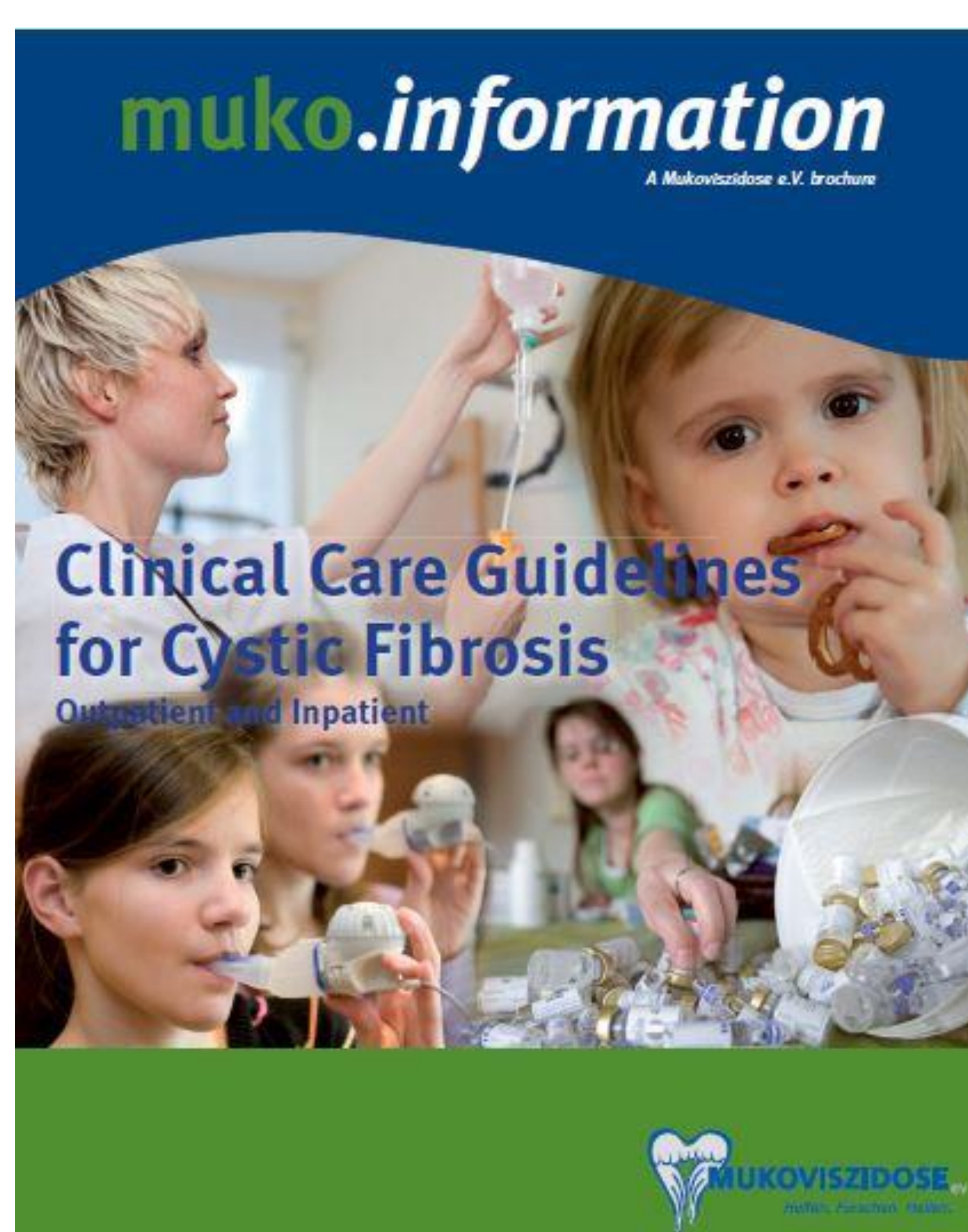
The Committee on Nursing Care (headed by chair woman Cornelia Meyer, Tuebingen) offers to all nursing professionals who take care of CF patients the possibility to obtain the certificate as a CF trainer. The new edition of the guidelines has been developed and is constantly improved by these especially qualified nursing care professionals. The guidelines are available on the homepage of the German Cystic Fibrosis Association.



**General information
on hygienic practices**

www.muko.info
publication / order list

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Non-invasive ventilation



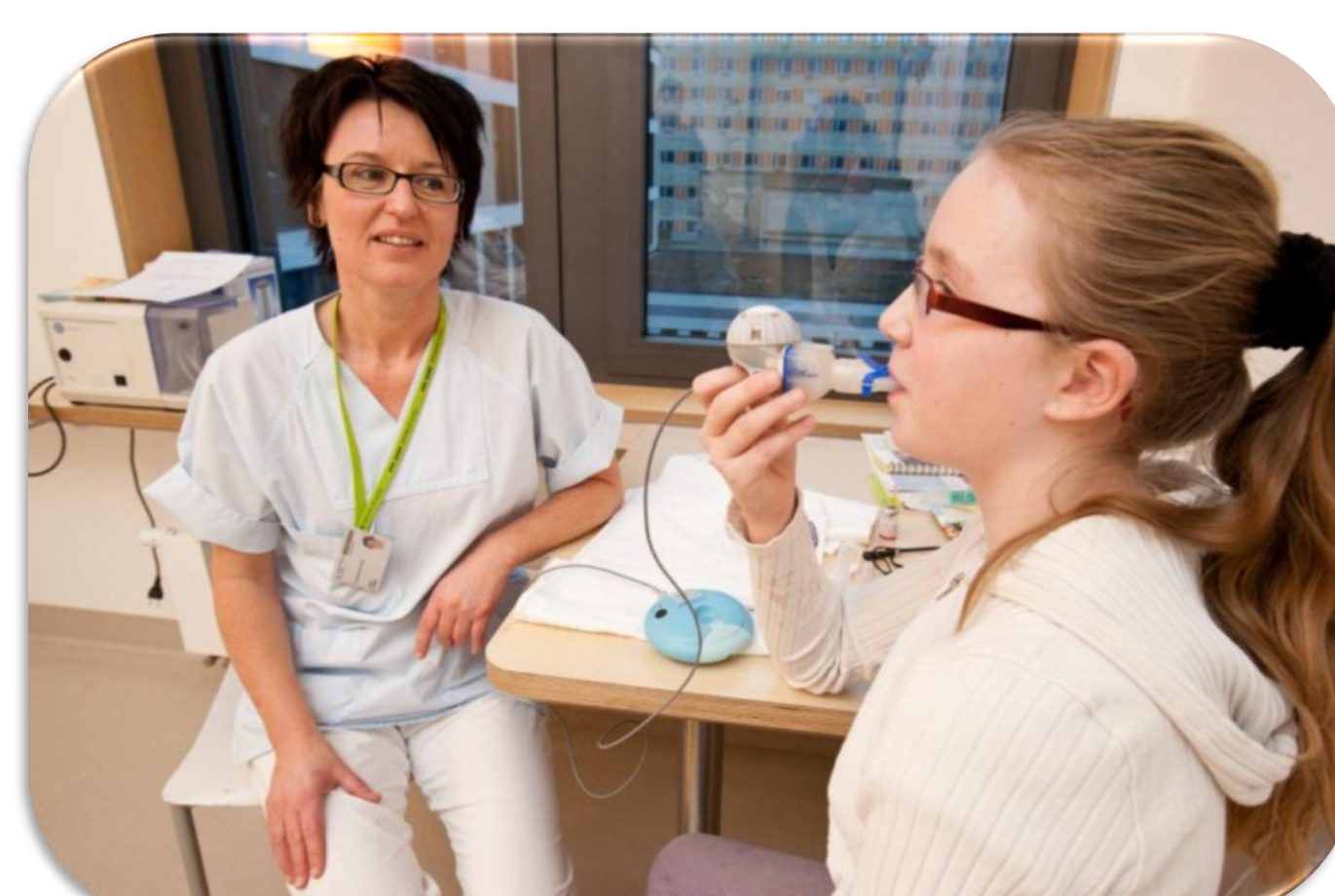
**Outpatient intravenous
antibiotic therapy**



**Inpatient intravenous antibiotic
therapy**



Long-term oxygen therapy



Inhalation therapy



Diet