



AIRWAY CLEARANCE

- A Must to keep your lungs healthy
- Must be performed 2X a day
- Your personal plan includes the following:
 - Huffing Vest Acapella Flutter Chest PT
- Your goal is to do airway clearance _____ X/day
- If you have more cough than usual increase to _____ X/day
- **EXERCISE GOAL** at least 3-5 X/week
Aerobic-20min (Vigorous activity)



PULMONARY MEDICATIONS

- Baseline FEV1 is ____%
- Today your FEV1 is ____%
- Your personal plan includes the following:
 - Broncodialtors ____/day _____
 - Hypersaline ____/day
 - Mucomyst ____/day
 - Inhaled steroids ____/day
 - Inhaled Antibiotics ____/day _____
Alternating _____ every month /every other
 - Pulmyzme ____/day
 - Other _____
- MWF Azithromycin _____
- Everyday Bactrim _____
- Continue above even when on other antibiotics
- Your last sputum grew: _____



NUTRITION

A Must to maintain your overall health and lung function!

Your weight today _____ height _____

BMI today_: _____

BMI % >2 _____ <2 wgt 4 length _____

(>50% well nourished; 25-50% mild concern; 10-25% moderate nutritional risk; <10% high nutritional risk –urgent intervention)



__Red (high risk) continue eating high calorie (high fat, high protein) foods and beverages add calorie boosters and snacks!

__Yellow (at risk) continue eating high calorie foods/beverages; Complete 3 day food /enzyme diary

__Green (adequate) MAINTAIN CURRENT PLAN!! DOING GREAT

GOALS:

Your return weight is _____ BMI is _____

Your enzyme is _____ (no generic)

Dose: # _____ meals # _____ snack

Your Vitamin is _____ Dose# _____ per day

Vitamin/ Mineral Supplementation _____ per day

Supplements _____ Tube feed _____

PPI /H2 Extra salt Appetite stimulant

FOLLOW UP

We would like to see you every 2 months. Your next appointment is _____ 732-235-5210

Your Annual Studies are due: _____ Office 732-235-7899, Nurse Line: 732-235-6349 refills sick calls

YOUR GOALS and personalized care plan include: RT: 732-235-5235- Airway Clearance

1) _____ 2) _____

3) _____ 4) _____

NAME _____ DATE _____ DOB _____