

Adult CF Clinic Days

The adult CF Clinic is located on the 5th floor of the Clinical Academic Building (CAB). There will be a receptionist at the front desk of the CAB to assist you in getting to your appointment. The physical address is:

125 Paterson Street, Suite 5200B
New Brunswick NJ 08901
Appointment Tele: (732) 235-7839.

Directions to CF Clinic

Directions to clinic can be found online at <http://umg.rwjms.rutgers.edu/Public/directions/cab.html>

Parking

Parking is available on either the street or at the Paterson Street Parking Deck (across the street). The normal cost for parking in a deck is appx \$5 for a normal 1½-2hr appointment. Please bring your ticket with you and pay at the green machines before returning to your car.

CF Team

Your CF team consists of the following people; Respiratory Therapist, Nurse Practitioner, Dietitian, Social Worker & CF Doctor. Expect to see all of these people at your appointment.

Check-in

You will check-in in at Reception C. Please arrive 15 minutes early to your appointment. Also have current copies of your insurance card, driver's license and co-pay. If you cannot pay at your appointment, they will send you a bill. After check-in, take a seat and wait to be called.

Vitals

A nurse will call you back to measure your weight, temperature & oxygen saturation (pulse ox). Be prepared to remove shoes & bulky clothing. Staff will wear blue gowns & gloves for patients who culture MRSA & B. Cepacia.

Spirometry

You will perform spirometry with your Respiratory Therapist. You will also be required to provide a sputum sample. Important terms to know:

FVC: Stands for Forced Vital Capacity, this measures the amount of air in your lungs that you exhale

FEV1: Stands for Forced Expiratory Volume in the first second. This measures the amount of air you can push from your lungs in the first second. It is a reflection of the large airways

FEF: Stands for Forced Expiratory Flow. This measures the speed of air that exits the lungs; it is a reflection of the small airways.

FEV1/FVC: is a ratio that represents the proportion of FVC & FEV1 numbers exhaled in the first second
All numbers are in percents predicted. They are compared to other adults without CF, with the same height, age & race

History

This is usually taken by your Nurse Practitioner, however can be taken by your Doctor, a resident, med

student, etc. They will review all medications and problems associated with daily activities, diet, therapy or personal problems. We are a teaching facility.

Physical Exam

Your physical exam consists of your Physician or Nurse Practitioner listening to your chest for clarity, a sinus evaluation for polyps or discomfort, your fingers for clubbing, and stomach for belly issues.

Social Work

The social worker may come in and talk with you about your social needs, school/work, family or insurance issues. Any concerns you have can be brought up to them. Your social worker at the CF clinic can help with a wide variety of issues.

Nutrition

A nutritionist is available to review any dietary concerns, or increasing dose of your enzymes, or address any concerns with CFRD.

Check Out

You will schedule your next appointment at checkout. Expect to be back in 2-3 months.

FAQ

How long will we be there?

Plan for 2 hours. If you're done sooner, great, if not... every day can't be a good day

Should I wear a mask?

Many CF clinics require you to wear a mask, we strive to get everyone in a room quickly on Clinic day, so masks are there for your child's protection from other could be sick children in the waiting area.

How late is late?

Call if you are going to be more than 20 minutes late, we will do our best to accommodate you on an individual basis. We all deal with the NJ roads!

What if I forget to ask a question, who should I call?

You can leave a message on the pulmonary division mailbox at (732) 235-7840. Be sure to leave a phone number where you can be reached. For an urgent issue call (908) 685-3748 & they will page the physician on call.