

Pediatric CF Clinic Days

The pediatric CF clinic is located on the second floor in the Children's Health Institute of New Jersey (CHINJ). The physical address is:

Children's Health Institute of New Jersey
89 French Street, Suite 2300
New Brunswick, NJ 08901
Appointment Tele: (732) 235-7899

Directions to the CHINJ

Directions to clinic can be found online at

http://rwjms.rutgers.edu/pediatric/divisions/ins_childdev/documents/Directions-CHINJforwebanddistribution72711.pdf

Parking

Parking is available on the street, or in either the Plum/French Street Parking Deck, or the Paterson Street Parking Deck. The normal cost for parking in a deck is appx \$5 for a normal 1½-2hr appointment. You can either pay for parking at the green machine before exit, or with your credit card/debit card at the exit.

Check-in

When you sign in, have insurance, referral and co pay (if you have one). Take a seat & wait to be called in for vitals. Masks are available for patient

Vitals

The nurse will call your child back to measure height, weight, blood pressure, temperature and oxygen saturation (Pulse OX). Staff will wear blue gowns and gloves when weighing and measuring patients who culture MRSA or B. Cepacia. After vitals you will go to your exam room.

Spirometry

Children over the age of 4 will have spirometry done by your Respiratory Therapist. Once children are comfortable we recommend they do spirometry independently.



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 children without CF, with the same height, age & race

Throat cultures will be done every visit after your spirometry. Your child will cough and a fairy wand swipes the back of their throats. This can be done at end of visit as well. The therapist is available to review airway clearance and improvements to it. The PFT lab has a specific hand cleaning procedure before and after spirometry- the patient's wears gloves and uses sanitizer before and after. The RT will gown and glove with every patient.

History

This can be taken by any of the following people: physician, a resident, Nurse Practitioner, or a med student. They will review all medications and problems associated with daily activities, diet, therapy or personal problems. We are a teaching facility.

Physical Exam

Your child's physical exam will consist of physician and/or Nurse Practitioner listening to the chest for lung clarity, an Ear, nose & throat evaluation for polyps, the fingers will be checked for clubbing and finally the stomach will be checked for belly issues.

Social Work

The social worker may come in and discuss any of you or your child's social needs, school or family issues as well as any insurance issues you may have. Any questions or concerns may be brought up then. They will put you at ease and find answers to your questions

Nutrition

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

Check out

Upon check out, you will get your next appointment, which is usually 2 months later. Those under 1 will be seen every month. Patients away at school are accommodated during breaks.

FAQ

How long will we be there?

Plan on 2 hours if you're done sooner, great, if not, well every appointment can't be a quick one

Should my child wear a mask?

Many CF clinics require your child 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!

Who should I call if I forget to ask a question?

You can leave a message on the Nurses line with your question, (732) 235-6349. If it is a question for a specific team member please leave that as well. We try to answer all calls the same day we get them; however this is not always possible. Be sure to leave a phone number where you can be reached. If

you are in need of immediate assistance please call (732) 235-7899 and speak to the administrative assistant.

Does my child really need a swab every visit?

YES!!! In order to properly treat your child, we NEED to see if there are any new organisms growing, and their sensitivities to common antibiotics. Lollipops are given as a reward for their bravery. Once in a blue moon, your child may escape a throat swab.