

## Patient information factsheet

# Conversations about living with cystic fibrosis (CF)

Living with cystic fibrosis (CF) can raise many questions and concerns. This is because the condition affects multiple aspects of a person's life. We are happy to discuss any topics relating to CF with you and have listed some suggestions below which you may find helpful as a starting point. We have also included a blank bubble so you can add anything else you would find helpful to talk about.

### My health

I would like to discuss:

- ☐ my level of confidence or self-esteem
- ☐ changes in my health
- ☐ managing pain
- ☐ my body image
- ☐ managing anxiety and stress
- ☐ bladder and bowel issues
- ☐ managing difficult symptoms
- ☐ death and dying
- ☐ information I have seen online

### Support

I would like some advice about:

- ☐ financial support and grants
- ☐ emotional support
- ☐ transport to and from appointments

### Lifestyle changes

I want to discuss how my condition may affect:

- ☐ eating and drinking
- ☐ sex and relationships
- ☐ sleep
- ☐ my family
- ☐ travelling and going on holiday

### Treatment

I would like to know more about:

- ☐ specific medical information
- ☐ coping with hospital admissions
- ☐ breathing machines and NIV
- ☐ certain procedures
- ☐ managing my treatment
- ☐ feeding tubes
- ☐ transplant
- ☐ oxygen

## My future

I would like support with making important decisions. For example:

- ☐ having children
- ☐ setting myself goals
- ☐ thinking about my hopes and dreams
- ☐ planning for the future
- ☐ choosing the care that is right for me, including end-of-life care (palliative care)

## Other

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

Please tick what you would like to discuss and we will arrange a suitable time to do this with you.

## Contact us

If you have any questions or concerns about CF or your health, please contact us.

CF team

Telephone: **023 8120 6801**

## Useful links

Cystic Fibrosis Trust

Website: **[www.cysticfibrosis.org.uk](http://www.cysticfibrosis.org.uk)**

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**