

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

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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**

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**