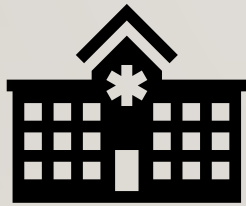


# CYSTIC FIBROSIS EXERCISE THERAPIST



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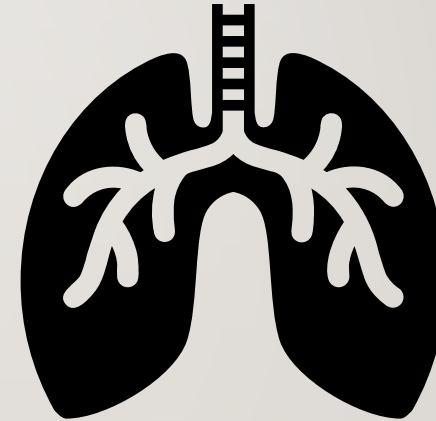


# BRIEF BACKGROUND OF CYSTIC FIBROSIS (CF)

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What is CF?

Cystic fibrosis (CF) is a genetic condition which causes sticky mucus to build up in the lungs and digestive system. It affects more than 10,800 people in the UK. One in 25 of us carries the faulty gene that causes it, usually without knowing. (CF Trust)



# HOW DO WE TREAT CF?

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✓ CFTR Modulators ( Kaftrio)



✓ **Nebulisers and airway clearance.**



✓ IV antibiotics



✓ Dietetics (creon)



✓ **Exercise!**



# MY ROLE IN THE CF TEAM

(ROLES VARY AT DIFFERENT CF CENTRES FOR THERAPISTS AND SUPPORT WORKERS)

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- ❖ Exercise prescription and support via virtual platforms, gym visits, home visits, outpatients, inpatients and school visits.
- ❖ Exercise testing. (cpet, step test, 6mwt)
- ❖ Supporting with airway clearance with the supervision of a physiotherapist.
- ❖ Supporting the team with the home spirometry service and equipment orders.
- ❖ Other clerical work, i.e structuring clinical appointments.



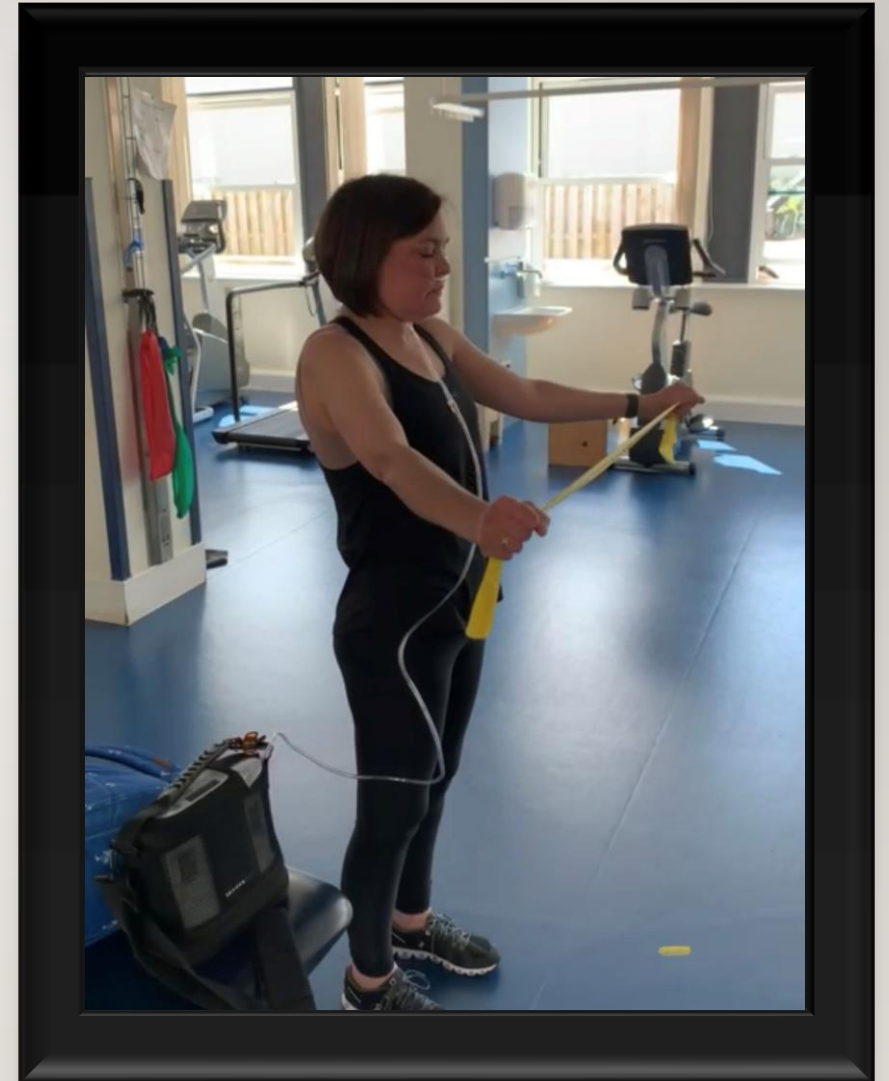
# Exercising with CF

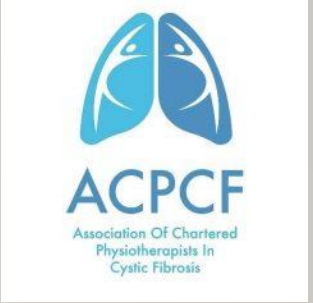
Physical exercise plays an important role in people with CF, which is introduced from a young as part of their CF care. Annual exercise tests start from the age of 4/5 years of age and look at oxygen uptake ( $VO_2\text{max}$ ), fitness levels and any ventilatory or cardiac type issues depending on the test you use.

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Important points to consider when exercising people with CF

- Does the patient require  $O_2$ ?
- Will Blood oxygen saturation need to be assessed?
- Airway clearance.
- Diabetic control.
- Environment you are exercising the patient in.





## **ACPCF**

- To provide a forum to promote the exchange of ideas between those interested in Cystic Fibrosis.
- To promote best practice for those working with children and adults who are diagnosed with Cystic Fibrosis.
- To promote and facilitate continued professional development (CPD) and educational opportunities in the physiotherapy management of cystic fibrosis.
- To encourage research and development in the physiotherapy management of Cystic Fibrosis and related fields to enhance the research base of physiotherapy and in particular respiratory and Cystic Fibrosis management.
- To develop and maintain links with other relevant organisations in the UK and overseas.
- To represent physiotherapy in the treatment of Cystic Fibrosis on behalf of the Chartered Society of Physiotherapy (CSP) and act within the Cardio Respiratory Alliance/ Professional Network group.
- To promote the benefits of physiotherapy in the management of Cystic Fibrosis.

### **Associate membership:**

£10 (discounted from £25 individual or £50 for 3 departmental membership)

### **Associate member rep**

- Source training courses available which are relevant to working as a support worker or exercise therapist in CF.
- Exercise support via CF Spartans IG page.
- Attend ACPCF committee meetings twice per year and feedback to associate members.

# CONTACT

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