



# Physiotherapy

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The specialist physiotherapist for Cystic Fibrosis is me, Tracey Daniels. I will see you at each appointment that you have at the hospital and during your time as an in-patient. When I'm not here one of the other respiratory physiotherapists will see you. This is what you can expect from the physiotherapists during your admission.

## At admission

We will see you within twenty-four hours of your arrival in hospital. This is usually the same day as you arrive but may be the next day if you arrive on the ward in the late afternoon. If you are very unwell then we will see you as soon as possible.

At admission we will go through a full assessment with you. This may include:

- Talking with you about what has brought you in
- Talking with you about your routine at home & any problems with it
- Clinical tests like lung function, taking sputum samples and listening to your chest
- Asking you questions about whether you have any problems that are common in people with CF like joint or continence problems
- Checking your physiotherapy to clear your chest and any exercise that you are doing
- Discussing with you what you want to get out of the admission and planning your treatment with you
- Discussing our assessment with the rest of the CF team so that they know about any problems

## During your stay

We will see you at least once a day during the week and at least once a day at the weekend if we and you decide that you need to be seen over the weekend.

During your stay we can:

- Check and, if needed, change your physiotherapy for your chest and let you know about any new treatments/devices available
- Help you with doing your chest physiotherapy if needed
- Offer you the chance to exercise in the gym area or to have exercise equipment in your room
- Check your nebuliser and inhaler medications and equipment, make sure that you can use them without any problems and let you know about any new treatments/devices available
- Test any new inhaled medications with you to make sure that they are okay for you to take and that they are useful for you to take
- Refer you to a specialist physio if you need treatment for any joint, muscle, posture or continence problem
- Point you in the right direction for advice if you are having problems that we don't directly deal with (for example work problems, etc)
- Monitor how things are going and work with the rest of the CF team and you to make sure that you get the best treatment possible

## At the end of your stay

We will make sure that you are seen before you go home and will:

- Talk with you about how your stay has been
- Talk with you about your routine at home & any changes that have been made
- Provide you with a treatment chart detailing your home routine if you think that this would be useful for you
- Carry out repeat clinical tests like lung function, taking sputum samples and listening to your chest to check how well you have responded to the treatment
- Check the physiotherapy to clear your chest and exercise that you are planning to continue with at home

- Look at your nebulisers and inhalers and make sure that you can use them without any problems
- Make sure that you have been referred for any further physiotherapy that you need for problems with joints, continence, etc
- Make sure that we let the rest of the CF team know what we have done during the admission and what has been planned for home
- Make sure that you know how to contact the CF team if needed before your next appointment

If at any time you are unhappy with your treatment or if you have ideas to improve the physiotherapy service that you get at York then please let me know or if you feel more comfortable speaking to another member of the CF or physiotherapy team then please let them know.

Thanks, Tracey

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