



Physiotherapy at clinic appointments

The specialist physiotherapist for Cystic Fibrosis is me, Tracey Daniels. I will see you at every clinic/out-patient appointment that you have at the hospital. 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 clinic appointment.

At your clinic appointment we will go through a full assessment with you. This may include:

- Talking with you about how things have been since we last saw you
 - Talking with you about your physio, exercise and nebuliser/inhaler routine at home and any problems with it
 - Asking you questions about whether you have any problems that are common in people with CF like joint or continence problems
 - Clinical tests like measuring oxygen levels, heart rate, lung function and taking sputum samples
 - Discussing and making sure that you understand the results of these tests
 - Discussing our assessment with the rest of the CF team so that they know about any problems and so that, as a team, we can make sure that you get the best treatment
 - Discussing the options with you for any changes needed to your treatment
 - Making sure that you know how to contact the CF team if needed before your next appointment
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If needed and if we and you have time at your clinic appointment we may also:

- Check and, if needed, change your physiotherapy for your chest and let you know about any new treatments/devices available
- 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
- Provide you with a treatment chart detailing your home routine if you think that this would be useful for you

If there isn't time for this and it is needed, we will offer you an appointment to come back to the hospital to do this.

We may also:

- Refer you to a physio who is specialist in the right area 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)

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.
