



What happens at outpatient clinic?

For most people, the main contact with the CF team will be through the outpatient department. Outpatient clinics are held on Friday afternoons, and everybody should be seen in clinic at least every three months. It is really important to attend these appointments even if you feel well.

On arrival in clinic you will be shown into your own clinic room, and members of the CF team will come into the room to see you there. At each clinic appointment you will get the chance to talk to the dietician, physiotherapist, nurse specialist and doctor. They will ask you questions about your health and medical management since the last appointment, as well as taking some measurements such as weight, lung function (spirometry) and sputum samples. Appointments with a member of the social work or psychology teams can also be arranged to discuss particular issues.

Once a year you will be offered a comprehensive assessment of your overall health (also called the 'MOT') which involves blood tests, an ultrasound of your liver and chest x-ray, as well as more in depth assessments with the physiotherapist and dietician. We also take this opportunity to review your medication, and have a routine meeting with the psychologist. Every few years we will also request a bone scan to assess bone thickness, as well as more detailed breathing tests. Arrangements for all of this will be made by the specialist nurse on discussion with you.
