





Cystic Fibrosis Multidisciplinary Team





# Cystic Fibrosis Multidisciplinary Team

All members of the CF team are available to see you and your child in the Specialist Consulting Clinic and if they are admitted to hospital.

## **Respiratory Physicians**

At Monash Children's we have a team of consultants who work together to give you the best care. You will be assigned to one doctor to oversee your child's care in the specialist consulting clinic. However, you may see other consultants on the ward if admitted. The team of consultants are led by Associate Professor David Armstrong.

- Associate Professor David Armstrong
- Professor Nick Freezer
- Associate Professor Dr Robert Roseby
- Dr Marc Thielhaber
- Associate Professor Gillian Nixon
- Dr Angela McCullagh

#### **CF Nurse Coordinator**

The CF coordinator will be your primary contact during business hours. They are nurses that work with all CF patients to liaise with the rest of the team and ensure you're receiving the best care for your child. They can facilitate education, elective admissions and scripts and will continue to support you and your child through your lives.



#### Dietitian

A team of dietitians will help you and your child with their nutrition. They will track your child's weight gain and adjust meal plans and supplements accordingly. They also provide education about the specialist nutritional needs of children with CF such as:

- Pancreatic enzymes
- High energy diet
- Extra salt to decrease dehydration

Further information can be found in 'How CF Affect the Gastrointestinal System' booklet.





### Physiotherapist

The physiotherapists will teach you a variety of techniques to help keep your child's lungs healthy these include

- Airway clearance techniques
- Inhalation therapy
- Exercise

They will develop a specific program to suit your child. You will see the physiotherapist at your appointments, and they can also assess your child's posture and development

### Clinical Psychologist

Our clinical psychologist is available to assist you and your child at any time from the time of diagnosis and throughout their childhood. They can also assist with parents' anxiety, stress or low mood that are often associated with the diagnosis and treatment challenges of CF.

## Nursing

You will meet many nursing staff throughout your child's care. Whether it is nurses in the Special Care Nursery, clinic nurses or ward nurses they are all there to help your time in hospital a little easier. They will liaise with doctors and allied health staff while you're an inpatient and attend to medications and observations.



#### Social Worker

You will meet a social worker at diagnosis who will get to know your family. They will be able to help you overcome any challenges that you may face during the initial months after your diagnosis. The social worker will continue to assist and support your family through stressful times. They can also provide resources and assist with information in areas such as Centrelink benefits





## **Pharmacy**



The pharmacist will help you understand the new medications that your child requires. They will be able to provide equipment such as syringes or cups to make medication administration easier. They will also help you with assistance that is available from the government for the cost of medications and explain the Pharmaceutical Benefit Scheme (PBS)

#### Parent and Child

You are a valued member of our healthcare team. You know your child and his or her symptoms best. We will create family centered care treatment plans that will assist your family to achieve the best healthcare outcomes.

Notes	





#### References

An introduction to Cystic Fibrosis for Parents and Families. (2017).

Cystic Fibrosis Australia. (n.d). *Cystic Fibrosis New Diagnosis Information for parents*. Retrieved from <a href="https://www.cfwa.org.au/wp-content/uploads/2018/03/CFWA-Newly-Diagnosed.pdf">https://www.cfwa.org.au/wp-content/uploads/2018/03/CFWA-Newly-Diagnosed.pdf</a>

Monash Health. Monash Children's [Logo]. Retrieved from <a href="https://monashhealth.imagegallery.me/">https://monashhealth.imagegallery.me/</a>

Monash Health. Monash Lung and Sleep [Logo]. Retrieved from <a href="https://monashhealth.imagegallery.me/">https://monashhealth.imagegallery.me/</a>

Images from Monash Health image Library. Retrieved from <a href="https://monashhealth.imagegallery.me/">https://monashhealth.imagegallery.me/</a>

Photographs by Paige Emmett, (2019) Image Logo by Melinda Kant, (2019)