



Name: _____

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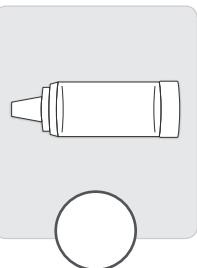
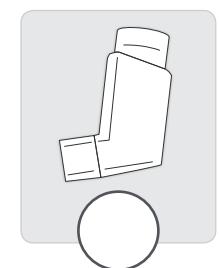
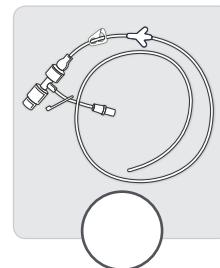
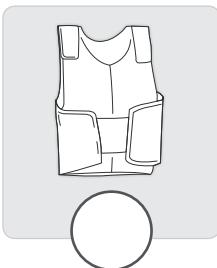
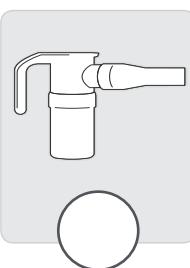
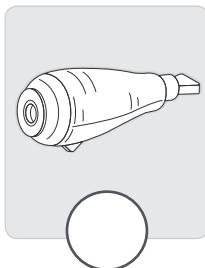
This tool is to help your care team see how they can help you learn more about your Cystic Fibrosis (CF).

Please read each answer carefully before choosing the one answer you think is best. If you don't know an answer, no big deal. Just leave it blank and move on to the next question.



CF EQUIPMENT & INFECTION CONTROL

1 Match each picture of CF equipment with the right description below:



- a. Nebulizer: turns liquid medicine into a mist for you to inhale
- b. PICC line: tube placed in your vein to give you IV medicines
- c. High-Frequency Chest Wall Oscillation (vest): this vibrates to loosen mucus when you wear it
- d. Positive Expiratory Pressure (or PEP) device: creates pressure in your lungs to help move mucus
- e. Metered Dose Inhaler (MDI): you use this to inhale some medicines to your lungs
- f. Spacer: helps medicines taken by inhaler (MDI) to reach your lungs

2 How often does your nebulizer need to be cleaned?

- a. After each use
- b. Once a month
- c. Every 90 days
- d. Never

3 How often does your PEP valve and spacer mouthpiece or mask need to be cleaned?

- a. Once a month
- b. Every day
- c. Once a year
- d. Never

4 If you don't clean your MDI and spacer with warm soapy water regularly, a build-up can occur. This can lower the amount of medicine sent to your lungs.

- a. True
- b. False

5 It's important to keep your PICC line free from infection and supplies sterile to prevent:

- a. Bacteria from entering
- b. An infection from developing
- c. Your care team from having to remove the PICC line
- d. All of the above

6 The best way to sterilize your equipment is:

- a. In the oven
- b. With a steam sterilizer, dishwasher, or boiling on the stove top/microwave
- c. With vinegar
- d. With tap water

7 The best way to dry your sterilized equipment is:

- a. In the microwave
- b. Air drying
- c. With a hair dryer
- d. Blowing on it



CF EQUIPMENT & INFECTION CONTROL

Please read each answer carefully before choosing the one answer you think is best.

If you don't know an answer, no big deal. Just leave it blank and move on to the next question.

8 Put the following steps to sterilize your nebulizer in the right order:

- a. Clean with soap and water
- b. Rinse off liquid disinfectant (with sterile water)
- c. Disinfect
- d. Air dry

Step 1 Step 2 Step 3 Step 4

9 You should wash your hands:

- a. Before handling your equipment
- b. After your equipment has been sterilized
- c. After doing your treatment
- d. All of the above

10 The closest you should stand to another person with CF is _____.

- a. 6 feet
- b. 6 inches
- c. 3 feet
- d. 6 yards

11 It might be great for you to connect with other people who have CF. Which of these is not a safe way to connect?

- a. Facebook® or other social media sites
- b. Call them on the phone
- c. E-mail them
- d. Go to the movies together

12 Germs can spread:

- a. By coughing
- b. By sharing a water bottle
- c. By touching a doorknob or handrail
- d. All of the above

13 The best way to clean your hands is with:

- a. Antibacterial soap and warm water or alcohol-based hand gel
- b. Shampoo
- c. Cold water
- d. None of the above

14 When you wash your hands, how long should you scrub (lather with soap and water) them?

- a. 2 minutes
- b. 5 seconds
- c. 20 seconds (*long enough to sing happy birthday twice*)
- d. 5 minutes

15 You can prevent the spread of germs by:

- a. Washing your hands
- b. Covering your mouth when you cough
- c. Not sharing personal items
- d. All of the above

16 To stay healthy, it is recommended that people with CF:

- a. Get all their vaccinations
- b. Get the flu shot every year
- c. Wash their hands often
- d. All of the above

17 CF care team members wear gowns and gloves during clinic visits because:

- a. They are required to by law
- b. This prevents the spread of germs from one CF patient to the next
- c. They don't want their clothes to get dirty
- d. None of the above