



Name: _____

Date: _____

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.



LUNG HEALTH & AIRWAY CLEARANCE

1 Which is true about most people who have CF?

- Lung infections are common
- Thick, sticky mucus helps germs grow in the lungs
- Lung infections can cause damage to the lungs over time
- All of the above

2 Mucus is usually _____, but for people with CF it is _____.

- Hard; Soft
- Thin and watery; Thick and sticky
- Yellow; Neon pink
- Thick and sticky; Thin and watery

3 Pulmonary Function Tests (PFTs), or spirometry, are tests that*:

- Show how well your lungs are working
- Only need to be done once a year
- Determine how many enzymes you need to take
- Are done with mucus samples

4 Which of the following is a sign of a flare-up or exacerbation (a lung infection that needs tougher treatment)?

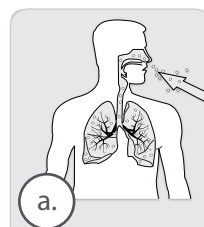
- Increased cough
- Increased appetite
- Loose stool (poop)
- Less mucus

5 I should tell my parent or CF care team right away if I:

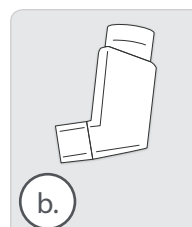
- Am coughing up blood
- Have shortness of breath
- Have chest pain of any kind
- All of the above

6 Put the following images of CF airway treatments in the correct order that they should be taken*:

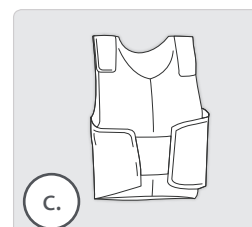
Step 1 Step 2 Step 3



a. Inhaled antibiotics



b. Inhaled short-acting bronchodilator



c. Airway clearance

7 How can you lower the number of flare-ups or exacerbations (lung infections that need tougher treatment) you get?*

- Stay away from someone who has a cold
- Get a flu shot
- Keep up with your airway clearance
- All of the above

8 Which of these are common CF lung bacteria (or germs)?

- MRSA (or Methicillin-resistant *Staphylococcus aureus*)
- Pseudomonas* (*Pseudomonas aeruginosa*)
- Staph (*Staphylococcus aureus*)
- All of the above



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9 What is the PFT (or lung function) measure that your care team tracks most closely?

- a. FEV₁ (Forced Expiratory Volume in 1 second)
- b. FVC (Forced Vital Capacity)
- c. BMI (Body Mass Index)
- d. None of the above

10 Match the lung medicines below with what they do in your body:

- a. Bronchodilators Opens your airways
- b. Mucolytics Inhaled medicines that add liquid to the mucus in your airways to make it easier for you to cough up
- c. Hypertonic saline Inhaled treatment that helps fight or helps you to manage certain bacteria in your lungs
- d. Inhaled antibiotics Inhaled medicine that thins your mucus

11 Which of these is an airway clearance method?

- a. High-Frequency Chest Wall Oscillation (vest)
- b. Positive Expiratory Pressure (PEP) devices
- c. Chest Physical Therapy (CPT)
- d. All of the above

12 The best kind of cough to clear your airways is:

- a. Barking cough
- b. Huff cough
- c. Dry cough
- d. None of the above

13 You should do your airway clearance therapies more often when you:

- a. Are feeling good
- b. Have a flare-up or exacerbation (a lung infection that needs tougher treatment)
- c. Have a stomach ache
- d. None of the above

14 True or False? Exercise can help improve your lungs.

- a. True
- b. False

15 If you have more cough, darker mucus or have less energy and appetite than usual, you should:

- a. Take more enzymes
- b. Ignore it
- c. Tell your parents or CF care team right away
- d. Tell your parents to let you watch an extra hour of TV