



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.



SCREENING & PREVENTION

1 Which of these tests are done at regular clinic visits?

- a. Pulmonary Function Tests (PFTs)
- b. Throat/sputum cultures
- c. Physical exams
- d. All of the above

2 Some tests are done at every clinic visit, because the CF care team:

- a. Lost the results from your last visit
- b. Can track how you are doing over time
- c. Compares your results to other patients' results
- d. None of the above

3 True or false? People with lifelong illnesses like CF are more likely than others to have anxiety (*worrying*) and depression (*sadness*) at some point in their life.

- a. True
- b. False

4 True or false? Your CF care team may give you a test about your feelings at clinic visits, even if you are not feeling depressed or anxious.

- a. True
- b. False

5 Match the following tests with their purpose:

- a. Blood tests
- b. Chest X-rays
- c. Oral Glucose Tolerance Test (OGTT)
- d. Sputum cultures
- e. Pulmonary Function Tests (PFTs)

- To check mucus and see which bacteria are in your lungs
- To measure how well your lungs are working
- To help doctors see what's happening inside your lungs
- To check your nutrition and for things like infections and how well your kidneys and liver are working
- To measure your body's ability to use a type of sugar called glucose