

Cystic fibrosis action plan

Daily care plan

Parent responsibilities:

- Recognize when the child is not well enough to attend child care.
- Provide information about food allergies.
- Provide daily medications (e.g., enzymes, inhalers, antibiotics).
- Be involved in staff training for giving medications (e.g., digestive enzymes).
- Discuss side effects of medications (e.g., how antibiotics may affect the child's stool).
- Discuss appropriate location for storing medications.
- Inform child care staff of additional medications that are prescribed intermittently during the year.
- Provide child care staff with devices and instructions for airway clearance techniques.

Additional information: _____

Program responsibilities:

- Encourage the child's participation in all physical activities.
- Provide plenty of fluids.
- Provide nutritious, high calorie meals and snacks.
- Give digestive enzymes as indicated in the child's individualized action plan.
- If the child has a cough, provide easy access to tissues and a means of disposing them.
- Provide opportunities for frequent hand hygiene.
- Help the child to feel comfortable during toileting routines, which may be more frequent than for other children.
- Minimize attention to giving medications.
- Minimize attention to a child's coughing.

Additional information: _____

Signs or symptoms to bring to a parent's attention at the end of the program day:

- bulky stools
- gas
- stomach cramps
- abdominal swelling
- frequent visits to the bathroom to pass stool
- markedly decreased or increased appetite
- lower tolerance to activities
- increased coughing

Other (please describe): _____

Reminders

1. During vigorous activities or hot weather, a child with cystic fibrosis will need plenty of fluids and may be required to have salt supplements or salty snacks.
2. Some antibiotics cause photosensitivity. Remember to use sunscreen and a hat.
3. Notify a parent if the child has eaten food without enzymes.

Call a parent immediately if: _____

Name, address and phone number for child care centre or home setting

Cystic fibrosis medications schedule

Complete the following schedule

Medications for routine and emergency treatment of cystic fibrosis for:				

Child's name				
Time	Medication name and dosage	Method (eg: oral, metered dose inhaler)	Additional treatments (e.g., airway clearance)	Comments
Breakfast				
Morning snack				
Lunch				
Afternoon snack				
Dinner				
Possible side effects, if any:				
Describe all other medications or products to be used when needed (e.g., ointments, sunscreens).	Name	Reason used	How often	
Parent's permission to follow this medication plan	Date:		Signature:	

Reminders

1. Administer medications only as specified.
2. Record every dose of any medication on the child's *Medication consent form and record sheet*.

Name, address and phone number for child care centre or home setting

Source: Lisa Semple, for the Canadian Cystic Fibrosis Nurses' Interest Group.