











# Get to know your cystic fibrosis care team

**Cystic fibrosis (CF) is a complex disease. It needs a team approach, with you or your loved one at the center.**

## Meet your CF care team

A CF care team is a group of healthcare professionals who partner with you to give complete, specialized CF care. Shown here are some of the experts who may be part of your care team and a few of the things each might do to help care for you.

-  **YOU** are an important member of your or your loved one's team. Why?
  -  You are the expert when it comes to managing your CF daily and can make sure your treatment plan meets your needs and goals
-  **CF NURSE** — typically your go-to person and main contact on the team
  -  Helps coordinate and carry out medical plans
  - Answers your questions, talks about your concerns, and provides CF education at initial diagnosis and throughout your treatment journey
  - Helps you understand and follow your daily treatment plan and any changes made to it
  - Helps you communicate with other CF care team members
-  **CF DOCTOR** — your CF expert
  -  Works with you and other team members to create or change your treatment plan. Your plan is based on your test results, changes in your health, new available treatments, and your treatment goals
-  **CF DIETITIAN** — helps you get the most from the foods you eat
  -  Assesses your daily food intake, growth, and overall nutritional status
  - Works with you to create an eating plan with the appropriate level of calories, protein, vitamins, and minerals
-  **CF SOCIAL WORKER** — helps you cope with the challenges of living with CF
  -  Talks with you, listens well, and helps you with the emotional, social, and financial stresses of living with CF
  - Helps with transitions, such as moving to an adult CF program, going to school, or starting a career
  - Helps navigate your health insurance coverage and find financial assistance

Other CF care team members may include program and research coordinators, a respiratory therapist, a physical therapist, a psychologist, and a pharmacist.

## Reach out to your care team partners when you feel the need

It is your right as a patient to talk or meet with anyone on your care team. Find out the best way to contact each member of your team (phone, email, text). Keep the information in a place where you can find it easily.

