Return to Clinic Guidelines for Patients with Cystic Fibrosis

Weight Goal = ______

Is Body Mass Index (BMI) over 50%?
Is Weight for Length (W/L) over 50%
- If age 2 or older measurement is BMI
- If under age 2 measurement is W/L

Pulmonary Goal = ______

Is your cough AND/OR Pulmonary Function Test (PFT) at Baseline?
Not at baseline when:
- Increase in baseline cough AND/OR
- Decrease in PFT of 10-15% AND/OR
- Change in respiratory exam (lung sounds/breathing)

When to Return to Clinic (RTC)

Age | Month(s) |
--- | --- |
over 2 | 3 |
1-2  | 2 |
0-1  | 1 |

When to Return to Clinic

2 months
- If BMI or W/L is 25-49% AND/OR
- If weight plateau with BMI decline AND/OR
- If 5% loss of body weight

1 month
- If BMI or W/L is less than 25% AND/OR
- If 5 to 7.5% loss of body weight

2 week follow-up
- If 7.5% (or more) loss of body weight

Outpatient Intervention Plan #1
Plan per pulmonary providers note

Is your cough AND/OR Pulmonary Function Test (PFT) at Baseline?
Not at baseline when:
- Increase in baseline cough AND/OR
- Decrease in PFT of 10-15% AND/OR
- Change in respiratory exam (lung sounds/breathing)

Outpatient Intervention Plan #2
Via return to clinic or call

Is your cough AND/OR Pulmonary Function Test (PFT) at Baseline?
Not at baseline when:
- Increase in baseline cough AND/OR
- Decrease in PFT of 10-15% AND/OR
- Change in respiratory exam (lung sounds/breathing)

Inpatient Admission
Discharge from hospital when:
- Symptoms back to baseline
- PFT’s back to baseline or plateau’s
- Adequate weight gain (if indicated at time of admission)

Return to Clinic or Call
- 2nd course of antibiotics and if not back to baseline
- Maximum of 2 intervention plans in a 3 month period
- If 3rd requested needs to be seen in CF center

Most current copy can be located on: www.uwcfcenter.org