

Return to Clinic Guidelines for Patients with Cystic Fibrosis

Weight Goal= _____

Are both weight and pulmonary goals being met?

Pulmonary 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

YES

YES

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)

NO

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)

NO

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)

NO

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

When to Return to Clinic (RTC)

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

YES

YES

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




After 3 consecutive clinic visits of not meeting weight goal, consider further work-up including:

- GI consult,
- Endo consult
- inpatient admission

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)

NO