



Who Are The Cystic Fibrosis Team ?

Respiratory Department

01 878 4743

01 878 4377

Main Hospital Number

01 878 4200

Who We Are

The Cystic Fibrosis Team is made up of multidisciplinary health care professionals.

We hope this information booklet will help to explain who we are and what we do.

Within the team there is / are;

- Respiratory Consultants and a Medical Team
- Clinical Nurse Specialists
- Dietitians
- Medical Social Worker
- Physiotherapist
- Clinical Psychologist



Respiratory Consultants and Medical Team

As Consultants with the cystic fibrosis team, we work together with all members of the team, your child and your family to provide medical care in a warm supportive environment.

Our aim is to provide a treatment program for your child in their home to reduce the amount their illness interferes with their life. We are always happy to answer any questions you may have.

The medical team consists of

- 2 Consultants

- 1 Registrar (changes every 6 months)

- 1 SHO (senior house officer, changes every 6 months)

Clinical Nurse Specialists

The Cystic Fibrosis Nurse Specialist plays a central role in communication between parents, their families and the hospital. We provide a link between the patient with Cystic Fibrosis, their parents and the respiratory consultant.

We provide support and give advice to parents, children and families. We Provide education and information regarding all aspects of Cystic Fibrosis.

We organise your child's outpatient visits to the hospital.

Dietitian

The dietitian uses their knowledge of child nutrition to help improve your child's health and also to compliment their medical treatment.

The dietitian working with your child will encourage them to eat a diet high in protein and calories which is important for their correct growth and weight gain.

The dietitian will also provide advice on pancreatic enzymes and vitamin supplements to ensure that your child receives optimum nutrition.

There are 2 dietitians working with the Cystic Fibrosis team here at Temple Street Children's University Hospital.

Medical Social Worker



Adjusting to your child's illness and treatments while balancing other aspects of your life can be a difficult process.

My role as a medical social worker is to offer both emotional and practical support to you and your family, both at the time of diagnosis and also on an on-going basis as your child attends the hospital.

I am available to meet all families whose children have Cystic Fibrosis. I can arrange to meet with you as needed to talk through your worries and look at any support you or your family may need.

Physiotherapist

The role of the physiotherapist includes; airway clearance (chest physiotherapy), posture advice and exercises for keeping bones and muscles strong

Following an assessment we will provide a chest physiotherapy programme taking into account your child's age and individual needs.

We use a variety of techniques starting with chest tapping (for babies and infants) progressing to more active breathing exercises as your child grows.



We include advice on activities and sports that are fun and encourage overall fitness – all the family can get involved!

Other issues that might be discussed are posture correction and continence concerns.

If your child is admitted to hospital they will be assessed and treated by a physiotherapist as part of their treatment plan.

Clinical Psychologist

My role as a clinical psychologist is to enhance and promote psychological wellbeing for you and your child.

Learning that your child has Cystic Fibrosis may cause you to experience feelings of great concern for you, your child and your family. You may have concerns regarding how you are going to interact with your child and what to say to them or the rest of the family.

Perhaps you may be worried about your child's behaviour following the diagnosis and how best to deal with this to help your child to move on. Whatever your concerns, I would be happy to discuss them with you.

Although I am part of the CF team, the contents of our sessions would not be discussed with the rest of the team without your permission.



How Often Will You Meet Us ?

You will meet all members of the team:

- At your child's three monthly out patients clinic appointments.
- If your child is admitted to the ward
- At your child's yearly assessment clinic visit

You are of course welcome to contact us by phone
9am - 5pm Monday - Friday

01 878 4200

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