

CF Center Hospitalizations

We want to make your hospitalization stay as beneficial as possible. We will endeavor to partner with you to meet your treatment goals and help you to maintain your health.

Expectations of the Hospital Staff

- Partner with you to meet your treatment goals
- Be respectful to you and your family
- Adhere to Hospital Infection Control guidelines
- Encourage you to eat and increase your calories to help you gain weight
- Be engaged and knowledgeable in treatment and care
- Open communication between you and the Care Team
- Responsiveness to your needs

My Goals for this Hospitalization

1. _____
2. _____
3. _____

I will meet these goals by:

1. _____
2. _____
3. _____

Therapies, Treatments, Care you would like to review during this admission.

1. _____
2. _____
3. _____

What to Expect When You Are Hospitalized

- CF admissions go to 7NW or 8 South. Direct admissions are dependent on discharges from earlier in the day. Beds are usually not ready until late afternoon.
- If a PICC line cannot be placed the day of your admission, a peripheral IV will be placed until a PICC line can be arranged. This is to ensure that you are started on therapy as soon as possible.
- Inpatient care is provided by the UC Hospital Pulmonary Consult Service
- For infection control, CF patients are placed in a private room in Droplet & Contact isolation. All staff entering your room are expected to wear a gown, gloves & mask. You will be required to

wear a mask outside of your hospital room. Your family & guests are not required to wear isolation garb.

- CF patients are **PROHIBITED from visiting one another in their hospital rooms. They must be at least six feet apart and wearing masks if encountering one another, but fraternization is strongly discouraged.**
- Respiratory therapy is ordered 4 sessions /day. **We expect that you will participate in all 4 of the sessions.** If you do not receive all your airway clearance sessions, feel you need more frequent treatments, or you feel your airway clearance is ineffective, please notify your nurse and/or the pulmonary consult team right away so that the issue can be resolved immediately.
- Due to infection control, the Vest garments provided in the hospital are the “disposable wrap”. If your preferred method of airway clearance is the full “Vest” you will need to bring your “Vest” garment from home, which will connect to the hospital vest machine.
- You will be placed on a high calorie diet (3000 cal. /day). You can order your meals directly from the Nutritional Center at any time from 7:00 am until 7:00 pm. When ordering your meal, notify the nutritional center that you are a CF patient & eligible for the extended menu & extra portions.
- There is also a “concierge” service on a self-pay basis that can bring food from the several cafés within the hospital and restaurants close to the hospital. You can contact them by calling “Best Upon Request” at # 584-5400 or email UCMCconcierge@bestuponrequest.com Monday through Friday 7:30 am to 6:00 pm. The service is FREE. You pay only for the cost of the requested goods and services. They can help with everything from charging your cell phone to picking up your prescriptions, fueling up your car, and picking up food. You pay only for the cost of the services and requested goods.
- If you have a g-tube for tube feeds, you will need to bring your connector tube with you, as these are not available through the hospital.
- During your hospitalization, your vital signs (blood pressure, pulse, temperature, respiratory rate, heart rate and oxygen saturation) will be checked at least once every eight hours. We request weights via a standing scale two to four times per week. Glucose monitoring by finger stick will be monitored for three days for those without a current diagnosis of cystic fibrosis related diabetes. If glucose levels are elevated, this monitoring may be extended.
- Do not bring home medications (with exception of Kalydeco, Orkambi, or other very specific medications not available through the hospital). The CF Team will inform you of those specific medications that you should bring.
- Exercise is strongly encouraged during hospitalization. Physical therapy is limited to an evaluation of your ability to exercise. Stationary bike or exercise ball can be placed in your room, and ambulating in halls on your assigned unit (while wearing a mask) is also encouraged.
- Upon discharge, if home IV antibiotics are ordered, they will be setup primarily by the CF Nurse Coordinator before you leave the hospital. If you have a specific home care company you want to use please let the CF Nurse Coordinator know. A follow-up appointment will be needed, usually within 2 weeks. The appointment may be made for you, or you can call the CF Center office at # 513-475-8523.