

NEWSLETTER

CF GUIDE TO GOING BACK TO SCHOOL

*Written by: Ashley Repholz, PharmD – Pediatric PGY2 Pharmacy Resident
Mentor: Hanna Phan, PharmD – Clinical Pharmacy Specialist, CF Center*

Summer flew by and school is back in session. As a parent or caregiver of a child with cystic fibrosis you know how important it is to maintain a schedule throughout the day in order to make sure each medication is given at the right time and to avoid missing any treatments, and making the transition from the summer months back to school can be challenging. Your team at the Tucson CF Clinic is here to help.

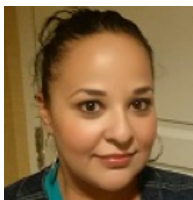
It is important to begin the process of gathering medications for both home and school as well as obtaining the necessary forms from your child's school, if you haven't already. Policies on medication use in school can vary, so please be sure to ask about them (including needed forms). Once any forms from your school are obtained, please contact the CF Clinic. Additionally, you can make an appointment with the clinic for help in completing the necessary paperwork to return to school as well as make sure you have enough of your child's medications to keep at home as well and medications for them to keep at school. Medications that your child will need to take during the school day are usually kept with the nursing staff in a medical office. Communicating with the nursing staff early in the school year will help assure medication access

in school as your child begins this new year. Some of the medications that are commonly given during the school day are breathing treatments with albuterol inhalers, pancreatic enzymes that are taken with meals and snacks, as well as Epi-Pens for emergency use with allergies. Please note that this is not a complete list of the possible medications that children commonly take at school, and any questions or concerns can be addressed at your CF Clinic visit.

In order for medications to be kept at school, they must have a pharmacy-issued, prescription label directly on the bottle that includes your child's name, the name of the medication, and how the medication is to be given while they are at school. Medication samples (e.g., an extra albuterol inhaler you received in clinic) cannot be used in schools due to lack of a pharmacy-issued, prescription label. Getting back into the school routine may be challenging for your child, especially if this is the first year that they will need to take medications during the school day. To ensure that you have all of the tools you need for success, your Tucson CF Center has provided a checklist to help guide you through the back to school process.

MEET THE NEWEST TEAM MEMBERS

JEANNINE VALENZUELA, LPN



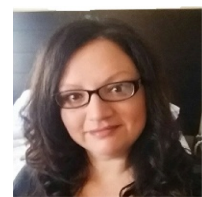
Jeannine Valenzuela, LPN, is the new adult CF nurse. She has been a nurse for twelve years, eight of those years have been spent in the Pulmonary Clinic at Banner University Medical Center. Prior to working with pulmonology, Jeannine worked extensively with pediatrics. Jeannine has two boys, ages 7 and 4, who keep her busy and on her toes.

LILLY MEES, LMSW



Lilly Mees, LMSW, is the new adult CF social worker. She has a Bachelor of Science from NAU and a Masters Degree in Social Work from ASU. Her employment background includes work at Flagstaff Medical Center as an Exercise Physiologist through the Cardiac and Pulmonary Rehabilitation program, and case management at Northwest Medical Center providing assistance with social, emotional interpersonal and socio-economic needs.

MARGARET DEBOSE, RN BSN



Margaret Debose, RN BSN is the new adult CF nurse navigator. She is originally from Dallas, Texas and has been a nurse for 10 years. Throughout her nursing career, Margaret has worked in many areas such as kidney and liver transplant and oncology. She is currently working on her MBA. Margaret has one daughter in college and multiple dogs and cats.



QUALITY IMPROVEMENT INITIATIVE UPDATE

Our CF care team continues to participate in a quality improvement (QI) initiative through the CF Foundation with our specific aim goal of increasing the percentage of patients seen for their quarterly visits to 80% of all pediatric patients, and 50% of all adult patients, by end of June 2016.

As of the end of July 2016, we had a 74% clinic attendance for our pediatric patients and 59% attendance for our adult patients. We are making reminder calls to patients two to five days before the scheduled clinic appointment, as well as continuing to work on increasing clinic availability for our pediatric and adult patients as well.

We added a second specific aim to decrease the "down time" during clinic appointments by 25% by the end of December 2016. We recently completed the first step focused on completing time cycles and evaluating "down time". We will assess this data and implement changes, consistently evaluating the effectiveness of these changes.

A third specific aim was added to increase the percentage of completed OGTT labs to 60% for patients ages 10-17 years old, and to 75% of adult patients ages 18 years and older, by the end of December 2016. OGTT labs are important to complete annually so we can screen for CF related diabetes, a complication in CF that can impact lung function and overall health. As of the end of July 2016, 27.5% of adults patients and 14.3% of pediatric patients have completed their OGTT labs. We have been contacting patients who have not completed their OGTT labs so if you receive this reminder call, please make sure to complete your labs.

Thank you to all who have provided input on how we can improve CF clinic. We continuously appreciate all your feedback and support in working together to improve CF care provided at the Tucson CF care center!

CONTACT INFORMATION

Medical Questions (520)694-5132
Newsletter Questions (520)626-2962

The University of Arizona
Pediatric Pulmonary Center
1501 N Campbell Avenue
Tucson, AZ 85724-5073
520-626-2962/Fax 520-626-5942
0709-3014450 PPC