

NEWSLETTER

QUALITY IMPROVEMENT INITIATIVE UPDATE



The CF Foundation has recognized the importance of mental health in providing quality CF care. Our CF care team received one of the CF Foundation mental health coordinator grants starting in January 2017. With this new grant, we are collaborating with the University of Arizona Department of Psychology to work with Dr. Anne Bowen as part of our CF care team. Anne and her psychology resident, Ryan Davidson, have started in our pediatric and adult clinics, working along side our social workers to implement anxiety and depression screening and provide resources, referrals and interventions.

With the CF Foundation mental health guidelines, our new global aim is to improve the mental health of our patients by implementing anxiety and depression screening. Our specific aims include focusing on having 80% of our CF patients, ages 12 and older, complete anxiety and depression screening by the end of 2017. Parents will be provided with a packet of information on anxiety and depression as well. We additionally aim to have our CF mental health providers provide a minimum of two educational community events focusing on the importance of CF & mental health. With these community education events, our goal is to increase our current mental health provider referral list so our patients and families can connect with a provider familiar with CF.

We continuously appreciate all your feedback and support in working together to provide quality CF care at the Tucson CF care center!

INSURANCE UPDATE FROM THE CF FOUNDATION

With recent changes in the US government and current review of the Affordable Care Act, the CF Foundation continues to advocate for CF patient health care needs to President Trump and Congressional leadership. For ongoing recent updates on health care advocacy, check the CF Foundation website blog at www.cff.org.

Additionally, the CF Foundation Compass program is a resource available to all patients to provide assistance with insurance, financial, and legal issues. Please contact them with any questions or concerns at (844) COMPASS (844-266-7277) Monday-Friday from 8:30a-5:30pm ET, or email at compass@cff.org.

CYSTIC FIBROSIS CAREGIVER SUPPORT GROUP

Our CF Caregivers Support Group continues to meet once a month and is open for all caregivers to attend. It is a positive, uplifting group that meets to hang out, discuss relative topics for CF caregivers, and swap information and ideas. Dinner is include!

The group meets one Monday a month from 6-8PM. The meeting dates for the year are as follows:

March 20, 2017

April 17, 2017

May 15, 2017

June 19, 2017

July 17, 2017

August 21, 2017

September 18, 2017

October 16, 2017

November 20, 2017

December 18, 2017

Meetings are held at Playformance -
119 E. Toole Ave
Tucson, AZ 85701

If you want more information or to RSVP, please contact Anna:
anna@plyformancetucson.com
520-850-5218

Check out the Facebook page for updates: <https://www.facebook.com/groups/272827716217202/>

A FAREWELL FROM OUR CF NUTRITIONIST

Dear Patients and Families:

In April I will be retiring, and my husband and I will move to Williamsburg, VA, to live closer to our daughter. It has been my pleasure to work with all of you and your families. As you have learned, nutritional status and care is extremely important for those with cystic fibrosis. The correlation between BMI and FEV1 is well established. Our first team quality improvement project was aimed at improving the BMIs of our patients... and we did!

Although new CF nutritionists for the CF clinics have not yet been identified, the teams will continue to focus on providing optimal nutritional care to our patients. Both the adult and pediatric CF teams would appreciate any feedback you have about your or your child's nutritional care in the past – the things you find most helpful and areas where you think nutritional care could be improved. Amanda Sharpe, who is our Family Faculty member and on the Patient and Family Advisory Committee, would be happy to share your input with this committee in our effort toward continuing quality improvement. You may contact her at ajsharpe@email.arizona.edu.

I wish you all the best!
 Patty Settle, MS, RDN

ONLINE RESOURCES

www.napc.peds.arizona.edu
 The Pediatric Pulmonary Centers website

www.CysticLife.org
 A social network for the cystic fibrosis community

www.CFF.org
 The Cystic Fibrosis Foundation's website

CONTACT INFORMATION

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