

# NEWSLETTER

## QUALITY IMPROVEMENT INITIATIVE UPDATE



Our CF care team completed the CF Foundation Fundamental Learning and Leadership Quality Improvement (QI) grant in October 2016; however, we plan to continue with quality improvement initiatives to continue to work together to provide the best possible care for those living with CF. All of our specific aim goals are directed on improving patient health and quality of life.

We made progress with our initial 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, exceeding the adult percentage and nearly meeting the pediatric percentage. Our adult clinic has increased appointment availability with the creation of the new CF adult team, and our pediatric team continues in a search for a new CF pediatric provider to help increase appointment availability.

Our second specific aim is to decrease the "down time", meaning time patients are waiting in a room without a CF provider, during clinic appointments by 25% by the end of December 2016. We made a pediatric clinic change to have PFT's completed separately and are examining changing appointment times to increase clinic flow. Our adult team is conducting a trial using a more structured clinic flow and they are currently evaluating the effects of this change on the length of clinic appointments.

A third specific aim is focused on increasing 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. We will have further data in December on these percentages.

We are exploring future steps to implement mental health screening for anxiety and depression as recommended by the CF Foundation guidelines. We plan to send a letter to all of our patients and parents/caregivers in the near future to review these guidelines and protocols.

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 provide quality CF care at the Tucson CF care center!

## PREVENTING THE FLU:

*Good health habits can help stop germs*

According to the Centers for Disease Control and Prevention (CDC), the single best way to prevent seasonal flu is to get vaccinated each year, but additional practices can help keep you, and those around you, healthy this winter.

In addition to flu shots, according to the CDC, the next best prevention for the flu is good infection control practices. Please remember the following:

- Wash hands often with soap and water or use alcohol-based hand sanitizer
- Use a tissue when coughing or sneezing, then wash your hands
- Cough or sneeze into your sleeve or elbow if no tissue is available
- Avoid touching your eyes, nose, or mouth; germs enter the body this way
- Avoid crowded public places
- Stay away from others if you are ill
- Stay away from those who are ill

If you think you or your child may have the flu, call your doctor. According to the CDC, flu symptoms include:

- Body aches and headache
- Fatigue
- Fever and chills
- Increased cough
- Sore throat
- Runny or stuffy nose

Please call your primary care physician (PCP) to schedule your flu shot. Be sure to tell your PCP that people with CF are in a high-risk group.

Here's looking to a fun-filled and flu-free winter season!

## CYSTIC FIBROSIS CAREGIVER SUPPORT GROUP

Do you ever feel like you just need someone to talk to about cystic fibrosis? Or maybe you need some real life tips and tricks to make your days easier? Well, we have just the place for you. Thanks to some parents at our clinic, we now have a support group for CF caregivers that meets once a month. This positive, uplifting group meets to hang out, discusses relative topics for CF caregivers, and swap ideas and information. Dinner is included!

### Who: CF Caregivers

What: A CF caregiver support group

When: The group meets one Monday a month from 6-8PM. The next meeting is December 19, 2016.

Where: Playformance - Located at 119 E. Toole Ave, Tucson, AZ 85701

Why: It's a great opportunity to hang out with other caregivers in the CF community, share experiences, get advice, and have fun!

If you want more information about the group, please contact Anna via email: [anna@plyformancetucson.com](mailto:anna@plyformancetucson.com); by phone: 520-850-5218; or check out the Facebook page: <https://www.facebook.com/groups/272827716217202/>

We hope to see you there!

## ONLINE RESOURCES

[www.nappc.peds.arizona.edu](http://www.nappc.peds.arizona.edu)  
 The Pediatric Pulmonary Center's website

[www.CysticLife.org](http://www.CysticLife.org)  
 A social network for the cystic fibrosis community

[www.CFF.org](http://www.CFF.org)  
 The Cystic Fibrosis Foundation's website

## 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