CF acute care visits

Site	How often	PT completes airway clearance?
ORG A	5-7x week	no
ORG B	3-5 x week	Both PT and Respiratory
ORG C	over the age of 4-5, 3x/wk. The younger kids usually 1-2x/wk.	2. At CHOP RT is responsible to delivering the airway clearance therapy 4x/day. Pt breath stacking, ACBT, autogenic drainage or huff coughing.
ORG D	2-3 or 3-5 x week	No - RT primary; PT staff facilitate airway clearance through therapeutic respiratory activities
ORG E	2-3 or 3-5 x week	Respiratory therapists perform airway clearance, but we do practice and educate on huff cough during and after exercise
ORG E	3-5x week	RT; PT does huff cough
ORG F	5x week	RT
ORG G	1-5x week	PT does airway clearance
ORG H	3-7x/week depending on age and severity of inpatient needs	RT
ORG I	not often	RT

For evidence and other information, I was given the following:

- CF and exercise available on Port CF through the Cystic Fibrosis Foundation.
- Working on Evidence: Other info ---Tx depending on level of deconditioning/independence with breathing exercises and airway clearance techniques. Will see more often if more deconditioned or if they need more direct teaching. We do usually set them up with a daily activity plan, including a Wii Fit in their room, since they are not able to ambulate in the halls (droplet precautions)
- We base our higher frequencies on changes from baseline and previous admission (ie. 6Min Walk Test scores, standardized strength tests), symptoms, inc supplemental O2 needs and PFT declines. We use the BOT-II strength assessment and 6MWT to fuel our decision making process as well as other factors like decline in FEV1, need for oxygen/not at baseline for O2 needs, and end stage lung disease/palliative care.

1. "Use of Modified Shuttle Walk Test during Inpatient pediatric cystic fibrosis pulmonary exacerbation treatment" SM Paranjape; 2018.

2. Swisher AK, Hebestreit H, Mejia-Downs A, Lowman JD, Gruber W, Nippins M, Alison J, Schneiderman J. Exercise and habitual physical activity for people with cystic fibrosis: An expert consensus-based guide for advising patients. Cardiopulm Phys Ther J 2015;26:85-98. DOI: 10.1097/CPT.0000000000000016

3. Hebestreit H, Arets H, Aurora P, Boas S, Cerny F, Hulzebos E, Karila C, Lands L, Lowman J, Swisher A,

Urquhart D. Statement on exercise testing in cystic fibrosis. Respiration (Published online 9/9/15) DOI: 10.1159/000439057