

CYSTIC FIBROSIS



FACT SHEET

Cystic Fibrosis (CF) is a hereditary condition in which the excessive build up of mucus and over-production of sweat and saliva, combine to cause chest infections and digestive problems in affected children. The thicker, sticky mucus produced by children with Cystic Fibrosis (CF) clogs the lungs, causing shortness of breath and frequent coughing bouts whilst, in the digestive tract, it prevents the flow of enzymes from the pancreas which aid the absorption of food.

Parents can be trained to be their child's therapist by learning how to give the child postural drainage. This can be taught by a Physiotherapist and caregivers need to know if this type of therapy is required while the child is attending the centre. Some children may become distressed in this type of therapy. It is, therefore, necessary for the caregiver to be familiar with the child and procedure before attempting this. However, it is not difficult to learn.

Physical activity is very beneficial to children with CF and they should be encouraged to join in activities. Some children may have sensitive skin and it is, therefore, important that nappies and pants on toddlers be changed as soon as they are soiled.

Children with CF need to cough to loosen mucus which accumulates in the bronchial area. Coughing should be encouraged by caregivers.

It is unnecessary to draw particular attention to the fact that a child may have Cystic Fibrosis. Discussing needs with parents and the child will alleviate much stress, and enable the child and the rest of the group to enjoy a happy relationship.

**** This information is provide courtesy of "One to One" Newsletter
(The Lady Gowrie, Tasmania)***

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