Cystic Fibrosis why we're here

Getting nosey about cystic fibrosis with Oli and Nush

Presentation notes for teachers

Slide 3
Question 1. Can you catch cystic fibrosis? Get children to explain.

Answer: No, you are born with it. You inherit it from your mum and your dad: both parents must have the gene for someone to have cystic fibrosis.

Question 2. What are genes?

Answer: They are basically instructions that tell our body what we are going to be like. Lead a practical with the class, getting them to highlight different characteristics we get from our genes: eye colour, hair colour, height. Cystic fibrosis is no different.

Question 3. Why do people with cystic fibrosis find it hard to breathe and cough a lot?

Answer: Because their lungs produce too much mucus, which is thick and sticky. Bacteria lives in this environment and makes the lungs inflamed and damaged.

Question 4: What type of food do people with cystic fibrosis eat more of?

Answer: Fatty foods. Because his body uses up a lot of energy to fight off infection and cough up the mucus.

Slide 4
Question: What medicine do people CF have to take?

Answer: Enzymes to help digest food: break it into small pieces and retain nutrients; antibiotics to fend off infection; vitamins to replenish those lost.

Question 2: What happens when someone with cystic fibrosis has to go to the hospital.

Answer: It might be for a check-up or to get more medicine. The medicine is inserted into the arm through a pipe = IVs.

Slide 5
Question: What is physiotherapy? Please lead discussion and help develop answers.

Answer: It has different forms:

Percussion: getting thumped on the chest to loosen mucus in the lung so it is easier to cough up.

PEP and Bubble Masks: help to breathe easier – a different way to take antibiotics.

General exercise eg jumping on a trampoline, football, running, jumping, dancing etc.

Slide 6
Worksheets have been supplied.

Slide 7
Worksheets have been supplied.