



Name: _____

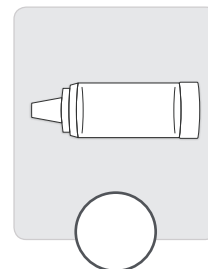
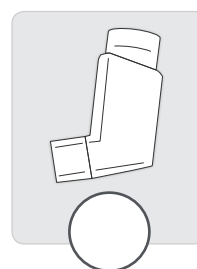
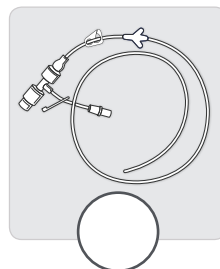
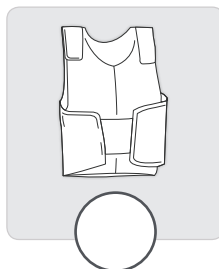
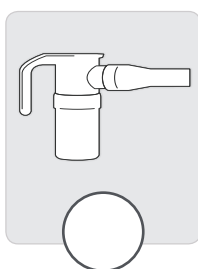
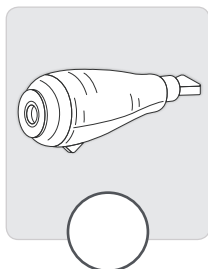
Date: _____

This tool is to help your care team see how they can help you learn more about your Cystic Fibrosis (CF).

Please read each answer carefully before choosing the **one** answer you think is **best**. If you don't know an answer, no big deal. Just leave it blank and move on to the next question.

CF EQUIPMENT & INFECTION CONTROL

1 Match each picture of CF equipment with the right description below:



- Nebulizer: turns liquid medicine into a mist for you to inhale
- PICC line: tube placed in your vein to give you IV medicines
- High-Frequency Chest Wall Oscillation (vest): this vibrates to loosen mucus when you wear it
- Positive Expiratory Pressure (or PEP) device: creates pressure in your lungs to help move mucus
- Metered Dose Inhaler (MDI): you use this to inhale some medicines to your lungs
- Spacer: helps medicines taken by inhaler (MDI) to reach your lungs

2 How often does your nebulizer need to be cleaned?

- After each use
- Once a month
- Every 90 days
- Never

3 How often does your PEP valve and spacer mouthpiece or mask need to be cleaned?

- Once a month
- Every day
- Once a year
- Never

4 If you don't clean your MDI and spacer with warm soapy water regularly, a build-up can occur. This can lower the amount of medicine sent to your lungs.

- True
- False

5 It's important to keep your PICC line free from infection and supplies sterile to prevent:

- Bacteria from entering
- An infection from developing
- Your care team from having to remove the PICC line
- All of the above

6 The **best** way to sterilize your equipment is:

- In the oven
- With a steam sterilizer, dishwasher, or boiling on the stove top/microwave
- With vinegar
- With tap water

7 The **best** way to dry your sterilized equipment is:

- In the microwave
- Air drying
- With a hair dryer
- Blowing on it



CF EQUIPMENT & INFECTION CONTROL

Please read each answer carefully before choosing the **one** answer you think is **best**.
If you don't know an answer, no big deal. Just leave it blank and move on to the next question.

8 Put the following steps to sterilize your nebulizer in the right order:

- a. Clean with soap and water
- b. Rinse off liquid disinfectant (with sterile water)
- c. Disinfect
- d. Air dry

Step 1 Step 2 Step 3 Step 4

9 You should wash your hands:

- a. Before handling your equipment
- b. After your equipment has been sterilized
- c. After doing your treatment
- d. All of the above

10 The closest you should stand to another person with CF is _____.

- a. 6 feet
- b. 6 inches
- c. 3 feet
- d. 6 yards

11 It might be great for you to connect with other people who have CF. Which of these is not a safe way to connect?

- a. Facebook® or other social media sites
- b. Call them on the phone
- c. E-mail them
- d. Go to the movies together

12 Germs can spread:

- a. By coughing
- b. By sharing a water bottle
- c. By touching a doorknob or handrail
- d. All of the above

13 The best way to clean your hands is with:

- a. Antibacterial soap and warm water or alcohol-based hand gel
- b. Shampoo
- c. Cold water
- d. None of the above

14 When you wash your hands, how long should you scrub (lather with soap and water) them?

- a. 2 minutes
- b. 5 seconds
- c. 20 seconds (*long enough to sing happy birthday twice*)
- d. 5 minutes

15 You can prevent the spread of germs by:

- a. Washing your hands
- b. Covering your mouth when you cough
- c. Not sharing personal items
- d. All of the above

16 To stay healthy, it is recommended that people with CF:

- a. Get all their vaccinations
- b. Get the flu shot every year
- c. Wash their hands often
- d. All of the above

17 CF care team members wear gowns and gloves during clinic visits because:

- a. They are required to by law
- b. This prevents the spread of germs from one CF patient to the next
- c. They don't want their clothes to get dirty
- d. None of the above