

This reference guide has been developed to help you easily access credible educational resources for your patients ages 10 to 15 that align with the topics addressed in the CF Knowledge Assessments.

This guide is not comprehensive and is meant to supplement—not replace—educational resources that you already use. At the end of this guide, you’ll find a Quick-Reference Index. This Index is designed to help you identify educational resources for each question in the Assessments.

Gilead Sciences, Inc. does not support, endorse, or control the content of the third party websites included in this Educational Resource Guide.

Note: For product-specific educational resources, please consult product-specific websites.

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>GENERAL CF HEALTH</b>			
<b>1A. Cystic Fibrosis</b>	Website article (for kids) and video explaining what CF is and what causes it as well as diagnosis and treatment	<ul style="list-style-type: none"> <li>• KidsHealth from Nemours</li> </ul>	<a href="http://kidshealth.org/kid/health_problems/heart/cystic_fibrosis.html#cat20079">http://kidshealth.org/kid/health_problems/heart/cystic_fibrosis.html#cat20079</a>
<b>1B. Diagnosed with Cystic Fibrosis</b>	Website article providing an overview of CF, symptoms, testing, treatments and care teams	<ul style="list-style-type: none"> <li>• CF Foundation website</li> </ul>	<a href="https://www.cff.org/What-is-CF/Diagnosed-with-Cystic-Fibrosis/">https://www.cff.org/What-is-CF/Diagnosed-with-Cystic-Fibrosis/</a>
<b>1C. Your CF Care Team</b>	Website article and webcast videos that describe the roles of care team members and how to partner with them	<ul style="list-style-type: none"> <li>• CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Your-CF-Care-Team/">https://www.cff.org/Living-with-CF/Your-CF-Care-Team/</a>
<b>1D. An Introduction to Cystic Fibrosis: For Patients and Their Families. 6th ed</b>	Booklet with an in-depth review of CF, including its impact on the body and strategies for living with the disease	<ul style="list-style-type: none"> <li>• CF Foundation               <ul style="list-style-type: none"> <li>- James C. Cunningham, MD</li> <li>- Lynn M. Taussig, MD</li> <li>- Leslie Hazle, MS, RN, CPN</li> <li>- Judy Marciel, MSN, RN, PCNS, CPNP</li> <li>- Michelle Quirk</li> <li>- Sponsored by Aptalis Pharmaceuticals</li> </ul> </li> </ul>	<a href="https://www.cff.org/WorkArea/DownloadAsset.aspx?id=1984">https://www.cff.org/WorkArea/DownloadAsset.aspx?id=1984</a>
<b>1E. The Genetics of Cystic Fibrosis</b>	Fact sheet that provides an explanation of how CF is inherited	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="http://rwjms.rutgers.edu/departments_institutes/cf_center/what_is/documents/GeneticsofCF.pdf">http://rwjms.rutgers.edu/departments_institutes/cf_center/what_is/documents/GeneticsofCF.pdf</a>
<b>1F. Pulmonary Exacerbations in Cystic Fibrosis Information Sheet</b>	Fact sheet explaining the symptoms, diagnosis, and treatment of CF exacerbations	<ul style="list-style-type: none"> <li>• CF Foundation</li> <li>• Yale School of Medicine</li> <li>• Children's Hospital of Illinois</li> </ul>	<a href="http://www.childrenshospitalofillinois.org/pdfs/specialty-services/cf/respiratory/Pulmonary-Exacerbation-Information-Sheet.pdf">http://www.childrenshospitalofillinois.org/pdfs/specialty-services/cf/respiratory/Pulmonary-Exacerbation-Information-Sheet.pdf</a>
<b>1G. Treatments and Therapies</b>	Website articles that review CF treatment options	<ul style="list-style-type: none"> <li>• CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Treatments-and-Therapies/">https://www.cff.org/Living-with-CF/Treatments-and-Therapies/</a>

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>LUNG HEALTH &amp; AIRWAY CLEARANCE</b>			
<b>2A. An Introduction to Airway Clearance Techniques</b>	Fact sheet providing a brief overview of various airway clearance techniques	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="http://www.hopkinscf.org/wp-content/uploads/2013/10/airway_clearance.pdf">http://www.hopkinscf.org/wp-content/uploads/2013/10/airway_clearance.pdf</a>
<b>2B. Bacteria and Antibiotic Resistance in People With Cystic Fibrosis</b>	Fact sheet explaining bacteria and the prevention of antibiotic resistance. Includes a brief glossary of terms and links to resources	<ul style="list-style-type: none"> <li>• University of Southern California</li> <li>• CF Foundation Educational Committee</li> </ul>	<a href="https://www.cff.org/PDF-Archive/Bacteria-and-Antibiotic-Resistance-in-People-With-CF/">https://www.cff.org/PDF-Archive/Bacteria-and-Antibiotic-Resistance-in-People-With-CF/</a>
<b>2C. Airway Clearance Techniques (ACTs)</b>	Website article with links to several webcast videos on ACTs	<ul style="list-style-type: none"> <li>• CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Airway-Clearance/Airway-Clearance-Techniques-ACTs/">https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Airway-Clearance/Airway-Clearance-Techniques-ACTs/</a>
<b>2D. Coughing and Huffing</b>	Website article describing huff coughing technique	<ul style="list-style-type: none"> <li>• CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Airway-Clearance/Coughing-and-Huffing/">https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Airway-Clearance/Coughing-and-Huffing/</a>

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>PANCREATIC INSUFFICIENCY &amp; NUTRITION</b>			
<b>3A. Nutrition for Children and Teenagers With Cystic Fibrosis</b>	Pamphlet for kids ages 5-18 explaining CF nutrition needs, including tips and snack ideas	<ul style="list-style-type: none"> <li>• Government of South Australia</li> <li>• Women's and Children's Hospital</li> </ul>	<a href="http://www.wch.sa.gov.au/services/az/other/nutrition/documents/CF5-18A5booklet.pdf">http://www.wch.sa.gov.au/services/az/other/nutrition/documents/CF5-18A5booklet.pdf</a>
<b>3B. The Extra Scoop on Vitamins</b>	Reference guide on the need for extra vitamins in CF. Presents the function of these vitamins and lists the foods that contain them	<ul style="list-style-type: none"> <li>• CF Foundation</li> <li>• Sponsored by Solvay Pharmaceuticals</li> </ul>	<a href="https://www.cff.org/PDF-Archive/The-Extra-Scoop-on-Vitamins/">https://www.cff.org/PDF-Archive/The-Extra-Scoop-on-Vitamins/</a>
<b>3C. Nutrition: Pancreatic Enzyme Replacement in People With Cystic Fibrosis</b>	Fact sheet providing general information and tips on enzymes including why people with CF need them, what they are, and how they work	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="https://www.cff.org/PDF-Archive/Pancreatic-Enzyme-Replacement/">https://www.cff.org/PDF-Archive/Pancreatic-Enzyme-Replacement/</a>
<b>3D. Nutrition: Bone Health and Cystic Fibrosis</b>	Pamphlet focused on bone disease and ways it can be prevented with nutrition and exercise. Includes a brief glossary of terms and links to resources	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="https://www.cff.org/PDF-Archive/Bone-Health-and-Cystic-Fibrosis/">https://www.cff.org/PDF-Archive/Bone-Health-and-Cystic-Fibrosis/</a>
<b>3E. Nutrition for Teens With Cystic Fibrosis</b>	Fact sheet to help teens understand the importance of good nutrition and exercise	<ul style="list-style-type: none"> <li>• CF Foundation</li> <li>• Sponsored by Chiron</li> </ul>	<a href="http://www.hopkinscf.org/wp-content/uploads/2013/10/nutrition_teens.pdf">http://www.hopkinscf.org/wp-content/uploads/2013/10/nutrition_teens.pdf</a>
<b>3F. Cystic Fibrosis: Diet and Nutrition</b>	Website article (for kids) that explains why it's important for kids with CF to eat high-calorie foods and take vitamins and enzymes	<ul style="list-style-type: none"> <li>• Kids Health from Nemours</li> </ul>	<a href="http://kidshealth.org/kid/health_problems/heart/cf_diet.html#cat20079">http://kidshealth.org/kid/health_problems/heart/cf_diet.html#cat20079</a>

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>SCREENING &amp; PREVENTION</b>			
<b>4A. What to Expect at a Yearly Cystic Fibrosis Clinic Visit</b>	Web page with a list of the types of tests and meetings to expect at annual visits	<ul style="list-style-type: none"> <li>• Cook Children's</li> </ul>	<a href="http://cookchildrens.org/pulmonology/specialty-programs/cystic-fibrosis/Pages/Visiting-Our-Cystic-Fibrosis-Center.aspx">http://cookchildrens.org/pulmonology/specialty-programs/cystic-fibrosis/Pages/Visiting-Our-Cystic-Fibrosis-Center.aspx</a>
<b>4B. Managing Cystic Fibrosis-Related Diabetes (CFRD): An Instruction Guide for Patients and Families. 6th ed</b>	An in-depth guide that discusses CFRD, its diagnosis, treatment, and management	<ul style="list-style-type: none"> <li>• CF Foundation               <ul style="list-style-type: none"> <li>- Carol Brunzell</li> <li>- Dana S. Hardin</li> <li>- Anne Kogler</li> <li>- Antoinette Moran</li> <li>- Terri Schindler</li> </ul> </li> </ul>	<a href="https://www.cff.org/Living-with-CF/Cystic-Fibrosis-Related-Diabetes/Managing-CFRD/">https://www.cff.org/Living-with-CF/Cystic-Fibrosis-Related-Diabetes/Managing-CFRD/</a>
<b>4C. CF Care Center Visits</b>	Article outlining what to expect at quarterly clinic visits, including tests, consultations, and support	<ul style="list-style-type: none"> <li>• CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Treatments-and-Therapies/The-Treatment-Plan/CF-Care-Center-Visits/">https://www.cff.org/Living-with-CF/Treatments-and-Therapies/The-Treatment-Plan/CF-Care-Center-Visits/</a>
<b>4D. Screening &amp; Treating: Depression &amp; Anxiety Guidelines</b>	Website article and video that present a brief overview of the Cystic Fibrosis Foundation and European Cystic Fibrosis Society's Depression & Anxiety Guidelines	<ul style="list-style-type: none"> <li>• CF Foundation website</li> </ul>	<a href="https://www.cff.org/For-Caregivers/Clinical-Care-Guidelines/Screening-Treating-Depression-and-Anxiety-Clinical-Care-Guidelines/">https://www.cff.org/For-Caregivers/Clinical-Care-Guidelines/Screening-Treating-Depression-and-Anxiety-Clinical-Care-Guidelines/</a>

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>CF EQUIPMENT &amp; INFECTION CONTROL</b>			
<b>5A. 8 Ways For People With CF to Guard Against Germs in Everyday Life</b>	Fact sheet with tips on infection control including links to FAQs and the Cystic Fibrosis Foundation's Guidelines for Infection Prevention and Control for CF	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="https://www.cff.org/Life-With-CF/Daily-Life/Germs-and-Staying-Healthy/How-Can-You-Avoid-Germs/Resources/8-Ways-to-Guard-Against-Germs-in-Everyday-Life.pdf">https://www.cff.org/Life-With-CF/Daily-Life/Germs-and-Staying-Healthy/How-Can-You-Avoid-Germs/Resources/8-Ways-to-Guard-Against-Germs-in-Everyday-Life.pdf</a>
<b>5B. Caring for Your Nebulizer</b>	Fact sheet on nebulizers including information and directions on cleaning and disinfecting them	<ul style="list-style-type: none"> <li>• Children's Hospital of Illinois</li> <li>• Yale School of Medicine</li> <li>• CF Foundation</li> </ul>	<a href="http://www.childrenshospitalofillinois.org/pdfs/specialty-services/cf/respiratory/Caring-for-your-Nebulizer.pdf">http://www.childrenshospitalofillinois.org/pdfs/specialty-services/cf/respiratory/Caring-for-your-Nebulizer.pdf</a>
<b>5C. Get Germ Smart</b>	Poster on what germs are and how they spread	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Germs-and-Staying-Healthy/How-Can-You-Avoid-Germs/Resources/Get-Germ-Smart-Poster/">https://www.cff.org/Living-with-CF/Germs-and-Staying-Healthy/How-Can-You-Avoid-Germs/Resources/Get-Germ-Smart-Poster/</a>
<b>5D. Germ Smart - Wash Your Hands!</b>	Animated video with tips for effective hand washing to prevent the spread of germs	<ul style="list-style-type: none"> <li>• Saskatoon Health Region</li> </ul>	<a href="https://www.youtube.com/watch?v=NoxdS4eXy18">https://www.youtube.com/watch?v=NoxdS4eXy18</a>
<b>5E. Respiratory: Stopping the Spread of Germs</b>	Pamphlet that details the importance of hand hygiene, disinfecting equipment, and other infection control tips. Includes a brief glossary of terms and links to resources	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="http://www.hopkinscf.org/wp-content/uploads/2013/06/stop_spreadofgerms.pdf">http://www.hopkinscf.org/wp-content/uploads/2013/06/stop_spreadofgerms.pdf</a>
<b>5F. Cystic Fibrosis (CF) Treatment: Positive Expiratory Pressure (PEP)</b>	Website article describing positive expiratory pressure (PEP) devices and instructions on cleaning and maintenance	<ul style="list-style-type: none"> <li>• University of Wisconsin Hospital and Clinics Authority website</li> </ul>	<a href="http://www.uwhealthkids.org/cf-center/cystic-fibrosis-cf-treatment-positive-expiratory-pressure-peg/34309">http://www.uwhealthkids.org/cf-center/cystic-fibrosis-cf-treatment-positive-expiratory-pressure-peg/34309</a>
<b>5G. Managing CF</b>	Website article on managing CF including tests, infection control and the cleaning and maintenance of CF equipment	<ul style="list-style-type: none"> <li>• Cystic Fibrosis Center at Stanford website</li> </ul>	<a href="http://med.stanford.edu/cfcenter/education/english/ManagingCF.html">http://med.stanford.edu/cfcenter/education/english/ManagingCF.html</a>
<b>5H. Lung Health: What You Should Know About Germs</b>	Pamphlet outlining what germs are, how they spread, and which infection control practices work best. Includes a glossary and a table of common CF germs and how they are spread	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="https://www.cff.org/PDF-Archive/Lung-Health----What-You-Should-Know-About-Germs/">https://www.cff.org/PDF-Archive/Lung-Health----What-You-Should-Know-About-Germs/</a>

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>LIFESTYLE</b>			
<b>6A. Day-to-Day: Exercise &amp; CF</b>	Pamphlet providing information and tips on exercising. Includes a brief glossary, links to resources and an activity	<ul style="list-style-type: none"> <li>• CF Foundation</li> <li>• Sponsored by Digestive Care, Inc.</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Fitness/Day-to-Day-Exercise-and-CF/">https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Fitness/Day-to-Day-Exercise-and-CF/</a>
<b>6B. Infection Control &amp; Germs</b>	Slide presentation describing how germs are spread and infection control practices	<ul style="list-style-type: none"> <li>• CF Foundation</li> <li>• Sponsored by Genentech</li> </ul>	<a href="https://www.cff.org/PDF-Archive/Infection-Control-and-Germs-Slides/">https://www.cff.org/PDF-Archive/Infection-Control-and-Germs-Slides/</a>
<b>6C. CF and Exposure to Second Hand Smoke</b>	Fact sheet providing information on the impact of secondhand smoke on people with CF	<ul style="list-style-type: none"> <li>• CF Foundation</li> </ul>	<a href="http://rwjms.rutgers.edu/departments_institutes/cf_center/signs/documents/CF_and_Exposure_to_Second_Hand_Smoke.pdf">http://rwjms.rutgers.edu/departments_institutes/cf_center/signs/documents/CF_and_Exposure_to_Second_Hand_Smoke.pdf</a>
<b>6D. How Much Sleep Do We Really Need?</b>	Website article, video, and downloadable fact sheet on the the importance of sleep. Includes recommended sleep times	<ul style="list-style-type: none"> <li>• National Sleep Foundation</li> </ul>	<a href="https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need">https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need</a>
<b>6E. Exercise Your Future: Staying Fit with CF</b>	Pamphlet for kids ages 4-12 with exercise tips and diagrams for core strengthening and mobility exercises	<ul style="list-style-type: none"> <li>• CF Foundation Educational Committee</li> <li>• Seattle Children's</li> </ul>	<a href="http://www.seattlechildrens.org/pdf/PE1161.pdf">www.seattlechildrens.org/pdf/PE1161.pdf</a>

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>CF &amp; SCHOOL</b>			
<b>7A. When There's More Than One Person With CF in the Same School</b>	Website article that provides information and tips on lowering the risk of cross-infection in schools with more than one CF student	<ul style="list-style-type: none"> <li>CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/CF-and-School/Working-with-Your-Childs-School/When-There-s-More-Than-One-Person-With-CF-in-the-Same-School/">https://www.cff.org/Living-with-CF/CF-and-School/Working-with-Your-Childs-School/When-There-s-More-Than-One-Person-With-CF-in-the-Same-School/</a>
<b>7B. Day-to-Day: School and CF</b>	Pamphlet that explains the laws about Individualized Education Plans (IEPs). Includes samples IEP accommodations, a brief glossary, and other resources	<ul style="list-style-type: none"> <li>CF Foundation</li> <li>Sponsored by Chiron Corporation</li> </ul>	<a href="http://www.hopkinscf.org/wp-content/uploads/2013/10/schooldaytoday.pdf">http://www.hopkinscf.org/wp-content/uploads/2013/10/schooldaytoday.pdf</a>
<b>7C. Nutrition: School, Enzymes, and Sports For the Child with Cystic Fibrosis</b>	Pamphlet that describes the importance of nutrition and exercise in schools for students with CF. Includes a sample letter for teachers on enzyme use	<ul style="list-style-type: none"> <li>CF Foundation</li> <li>Sponsored by Chiron Corporation</li> </ul>	<a href="http://www.hopkinscf.org/wp-content/uploads/2013/10/school_enzymes_sports.pdf">http://www.hopkinscf.org/wp-content/uploads/2013/10/school_enzymes_sports.pdf</a>
<b>7D. Cystic Fibrosis in the Classroom</b>	Booklet that provides a detailed look at CF treatments, nutrition, and tips for accommodations and communications in school	<ul style="list-style-type: none"> <li>Cystic Fibrosis Research Inc.</li> </ul>	<a href="http://www.cfri.org/pdf/cfintheclassroom.pdf">http://www.cfri.org/pdf/cfintheclassroom.pdf</a>
<b>7E. Partnering With Your School</b>	Webcast featuring families, a school health coordinator, care provider, and a social worker. They talk about partnering with the school staff to accommodate the specific needs of students with CF, including 504 plans	<ul style="list-style-type: none"> <li>CF Foundation</li> </ul>	<a href="https://www.youtube.com/watch?v=CA5rEdptQqA">https://www.youtube.com/watch?v=CA5rEdptQqA</a>
<b>7F. Individualized Education (504) Plans</b>	Website article with videos that describe what 504 plans are and what accommodations students with CF are entitled to by law	<ul style="list-style-type: none"> <li>CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/CF-and-School/For-Teachers/Individualized-Education-(504)-Plans/">https://www.cff.org/Living-with-CF/CF-and-School/For-Teachers/Individualized-Education-(504)-Plans/</a>
<b>7G. Charly Tells Her Teacher She Has Cystic Fibrosis</b>	Video from the perspective of a teen, who defines CF for her teacher and explains its impact on her school life	<ul style="list-style-type: none"> <li>Kids Health</li> </ul>	<a href="https://www.youtube.com/watch?v=kKI1_LBugcg&amp;feature=youtu.be">https://www.youtube.com/watch?v=kKI1_LBugcg&amp;feature=youtu.be</a>



RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>EMOTIONAL WELLNESS</b>			
<b>8A. Depression, Anxiety and Cystic Fibrosis. What the Guidelines mean for you.</b>	Fact sheet that defines depression and anxiety, discusses risks of not treating it and provides tips for prevention and treatment	• CF Foundation	<a href="https://www.cff.org/Living-with-CF/Emotional-Wellness/Depression-Anxiety-and-Cystic-Fibrosis-What-the-Guidelines-Mean-for-You.pdf">https://www.cff.org/Living-with-CF/Emotional-Wellness/Depression-Anxiety-and-Cystic-Fibrosis-What-the-Guidelines-Mean-for-You.pdf</a>
<b>8B. Depression and CF</b>	Website article including a video on depression, including symptoms, risk factors, and treatments	• CF Foundation website	<a href="https://www.cff.org/Living-with-CF/Emotional-Wellness/Depression-and-CF/">https://www.cff.org/Living-with-CF/Emotional-Wellness/Depression-and-CF/</a>
<b>8C. Anxiety and CF</b>	Website article on anxiety including symptoms, risk factors, and treatments	• CF Foundation website	<a href="https://www.cff.org/Living-with-CF/Emotional-Wellness/Anxiety-and-CF/">https://www.cff.org/Living-with-CF/Emotional-Wellness/Anxiety-and-CF/</a>
<b>8D. Depression</b>	Website article (for kids) that defines depression as well as its symptoms and treatments	• Kids Health from Nemours	<a href="http://kidshealth.org/kid/feeling/emotion/depression.html#cat20070">http://kidshealth.org/kid/feeling/emotion/depression.html#cat20070</a>

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
<b>CF &amp; YOUR BODY</b>			
<b>9A. Basics of Lung Care</b>	Website article on the lungs and respiratory system. Includes an explanation of PFTs and a webcast on guidelines for lung health	<ul style="list-style-type: none"> <li>CF Foundation website</li> </ul>	<a href="https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Airway-Clearance/Basics-of-Lung-Care/">https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Airway-Clearance/Basics-of-Lung-Care/</a>
<b>9B. Your Digestive System</b>	Website article (for kids) including slideshow and video on the digestive system	<ul style="list-style-type: none"> <li>Kids Health from Nemours</li> </ul>	<a href="http://kidshealth.org/kid/htbw/digestive_system.html#cat20079">http://kidshealth.org/kid/htbw/digestive_system.html#cat20079</a>
<b>9C. Your Lungs and Respiratory System</b>	Website article (for kids) on the respiratory system including a video on spirometry	<ul style="list-style-type: none"> <li>Kids Health from Nemours</li> </ul>	<a href="http://kidshealth.org/kid/htbw/lungs.html#cat20079">http://kidshealth.org/kid/htbw/lungs.html#cat20079</a>
<b>CF &amp; GROWING UP</b>			
<b>10A. Puberty and Fertility in CF</b>	Pamphlet that provides an overview of puberty and fertility in people with CF	<ul style="list-style-type: none"> <li>CF Foundation</li> </ul>	<a href="http://rwjms.rutgers.edu/departments_institutes/cf_center/living/documents/PubertyandFertilityinCF.pdf">http://rwjms.rutgers.edu/departments_institutes/cf_center/living/documents/PubertyandFertilityinCF.pdf</a>
<b>10B. Teen Sexuality and Cystic Fibrosis Booklet</b>	Booklet for teens with CF that explains puberty, sexual health, and fertility	<ul style="list-style-type: none"> <li>Cystic Fibrosis Canada</li> </ul>	<a href="http://www.cysticfibrosis.ca/de/action/download?downloads=5&amp;file=dl_TEEN_SEXUALITY_WEB_Compressed.pdf">http://www.cysticfibrosis.ca/de/action/download?downloads=5&amp;file=dl_TEEN_SEXUALITY_WEB_Compressed.pdf</a>

# Educational Resource Guide

This Quick-Reference Index has been developed to help you identify educational resources from the Educational Resource Guide that will help remediate knowledge gaps associated with specific questions on the CF Knowledge Assessments.

General CF Health		Lung Health & Airway Clearance		Pancreatic Insufficiency & Nutrition		Screening & Prevention		CF Equipment & Infection Control		Lifestyle	
#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)
1	1A, 1B, 1D	1	1D, 2A	1	1D, 3A, 3C, 3E, 3F	1	1D, 4A, 4C	1	1A, 1D, 2C, 5F, 5G	1	8A, 8B, 8D
2	1D, 1G	2	1D, 2A	2	3B, 3E, 3F	2	1D, 4A, 4C	2	5A, 5B, 5E	2	1D, 6A
3	1D, 1G	3	1D, 4A, 4C	3	3C, 3E, 3F	3	4D	3	5F, 5G	3	6A, 6E
4	1D, 1G	4	1D, 1F	4	3C, 3E, 3F	4	4D	4	5G	4	3E, 6A
5	1C, 1D	5	1D, 1F	5	1D, 3A, 3C, 3E, 3F	5	1D, 4A, 4C	5	5G	5	1D, 3D, 6B
6	1A, 1B, 1D	6	1B, 1D, 1G	6	3A, 3D, 3E, 3F	6	1D, 4B	6	1D, 5E, 5G	6	1D, 3E, 6A
7	1A, 1B, 1D	7	1D, 1F, 2A	7	1D, 3A, 3C, 3E, 3F	7	1D, 4B	7	1D, 5B, 5G	7	6A, 6E
8	1A, 1B, 1D	8	2A, 2B, 5H	8	3C	8	1D, 4B	8	5B, 5G	8	1D, 6C
9	1A, 1B, 1D	9	1D, 4C, 9A	9	3C	9	1D, 4B	9	5A, 5D, 5H	9	1D, 6C
10	1D, 1F	10	1D, 1G, 2A	10	3B, 3D		10	5A, 5C, 5D	10	1D, 6C	
11	1D, 1F	11	1D, 2A, 2C	11	6A		11	5A, 5H	11	1D, 6C	
12	1D, 1F	12	1D, 2D	12	3A, 3E, 3F		12	5A, 5C, 5D, 5E, 5H	12	1D, 3D	
13	1D	13	1D, 1F, 2A, 2C	13	3C, 3E, 3F		13	5A, 5C, 5D, 5E	13	6D	
14	1D, 1E	14	6A, 6E	14	3C		14	5E, 5H, 6B	14	6D	
15	1D, 1E	15	1D, 1F	15	1D, 3A, 3E, 3F, 6A		15	5A, 5E, 5G, 5H			
				16	1D, 3D		16	5A, 5H			
				17	1D, 3D		17	1D, 5H, 6B			

# Educational Resource Guide

This Quick-Reference Index has been developed to help you identify educational resources from the Educational Resource Guide that will help remediate knowledge gaps associated with specific questions on the CF Knowledge Assessments.

CF & School		Emotional Wellness		CF & Your Body		CF & Growing Up	
#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)
1	7B, 7C, 7D, 7F, 7G	1	4D, 8A	1	1D	1	1D, 10A, 10B
2	7B, 7C, 7D, 7F	2	8A, 8B, 8D	2	9A, 9B, 9C	2	1D, 10A, 10B
3	7B, 7C, 7D, 7F	3	8A, 8B, 8D	3	9A, 9C	3	1D, 10A, 10B
4	7B, 7C, 7D, 7F, 7G	4	8C			4	1D, 10A, 10B
5	7B, 7C, 7D, 7F	5	4D, 8A, 8B, 8D		5	1D, 10A, 10B	
6	7B, 7C, 7D, 7F	6	8A, 8B, 8D				
7	7A	7	8A, 8B, 8D				
8	7B, 7C, 7D, 7F, 7G	8	4D				
		9	8A, 8B, 8D				