

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

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 to help you identify resources to support specific questions on the CF Knowledge Assessments.

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Educational Resource Guide



Note: For product-specific educational resources, please consult the following: Port CF, product-specific websites, and/or the product sales representative.

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
LUNG HEALTH & AIRWAY CLEARANCE			
1A. Day-to-Day Exercise & CF	A guide explaining the role of exercise in managing cystic fibrosis (CF).	<ul style="list-style-type: none"> Frank Cerny, PhD Professor Emeritus of Pediatrics and Exercise and Nutrition Sciences, The University at Buffalo CF Foundation Education Committee 	https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Fitness/Day-to-Day-Exercise-and-CF/
1B. Introduction to Airway Clearance Fact Sheet	An overview of core airway clearance techniques including coughing, huffing, CPT, PEP, active cycle of breathing techniques, and autogenic drainage.	<ul style="list-style-type: none"> CF Foundation Education Committee 	http://lungs.portalone.us/Airway_Clearance_Techniques_Fact_Sheet.pdf
1C. Respiratory Therapies for CF	Description of the core treatments and medications used to treat CF lung disease.	<ul style="list-style-type: none"> CF Foundation Website 	https://www.cff.org/Life-With-CF/Treatments-and-Therapies/Medications/
1D. Navigating the Hills and Valleys of CF Lung Disease Webcasts	A two-part video webcast series featuring Nathan Kraynack, MD, Betsy Bryson RN, CPNP, Christine Singh, RN, CNP, that explores ways to keep CF lungs healthy and how to identify and manage pulmonary exacerbations.	<ul style="list-style-type: none"> CF Foundation 	<p>Part 1: https://youtu.be/zYywQPcCQqE</p> <p>Part 2: https://youtu.be/CSWw5GCRWM8</p>
1E. Allergic Bronchopulmonary Aspergillosis in CF (ABPA) Fact Sheet	An overview of ABPA which includes symptoms, diagnosis, and treatments.	<ul style="list-style-type: none"> American Thoracic Society 	https://www.thoracic.org/patients/patient-resources/resources/allergic-bronchopulm-aspergillosis.pdf
1F. Bacteria and Antibiotic Resistance in People with CF	Describes the causes of antibiotic resistance, ways to prevent resistance, and a glossary of terms.	<ul style="list-style-type: none"> University of Southern California CF Foundation Education Committee 	https://www.cff.org/PDF-Archive/Bacteria-and-Antibiotic-Resistance-in-People-With-CF/

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RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
PANCREATIC INSUFFICIENCY & NUTRITION			
2A. Nutrition Bone Health & Cystic Fibrosis	A comprehensive review of the bone disease in CF patients including causes, screening, nutrition, and a glossary of terms.	<ul style="list-style-type: none"> • CF Foundation Education Committee • Danett Guy, RN • Karen Maguiness, MS, RD, CSP • Melanie Meyers, RN • Michelle Noschese, MS, CRNP, CDE, Nurse Practitioner 	https://www.cff.org/PDF-Archive/Bone-Health-and-Cystic-Fibrosis/
2B. Using Nutrition to Stay Healthy Webcast	A 2007 two-part video webcast featuring Drucy Borowitz, MD, Chris Coburn-Miller, MS, RD, and Joe Cronin, MD, discussing the latest progress in nutrition research and guidelines in the field and tips on how to incorporate high-calorie foods into busy lifestyles	<ul style="list-style-type: none"> • CF Foundation 	Part 1: https://youtu.be/nh5nadbhGN8 Part 2: https://youtu.be/A_P_eA2c5Msl
2C. Adult Nutrition Webcast	A 2009 video webcast featuring Cathy Seifert, RD, discussing the importance of adult nutrition in maintaining good overall health.	<ul style="list-style-type: none"> • CF Foundation 	https://youtu.be/TqweLOsHTdA
2D. Supporting Nutrition: Understanding Tube Feeding	Focuses on key teen and adult issues related to tube feeding, including why it's important, personal perspectives from teens and adults on the practical and emotional impact of using a G-tube, and a series of Frequently Asked Questions.	<ul style="list-style-type: none"> • Children's Memorial Hospital, Chicago, IL • CF Foundation Education Committee • Sponsored by Digestive Care, Inc. 	https://www.cff.org/Living-with-CF/Treatments-and-Therapies/Nutrition/Understanding-Tube-Feeding/
2E. Nutrition for Teens with Cystic Fibrosis	Provides a factual overview of the important role of nutrition in CF and explores increased caloric intake, a balanced diet, CF-Related Diabetes (CFRD), vitamins, pancreatic enzymes, nutritional supplements and exercise.	<ul style="list-style-type: none"> • Elisabeth Luder, PhD, RD • Susan Casey, BS, RD • Judy Fulton, MPH, RD, LDN • Karen Maguiness, MS, RD, CSP • Annie McKenna, MS, RD, CNSD • CF Foundation Education Committee 	https://www.cff.org/PDF-Archive/Nutrition-for-Teens/

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PANCREATIC INSUFFICIENCY & NUTRITION			
2F. Snack Your Way to Improved Lung Function	A caloric guide to common snack foods to give patients a better idea of how many calories they are consuming.	<ul style="list-style-type: none">• Cystic Life	http://www.cysticlife.org/downloads/SnackFlyerFINAL.pdf
2G. Grab 'N Go: Meal and Snack Ideas for People with CF On the Run	Tips for how to maintain a high-fat, high-calorie CF diet on the go.	<ul style="list-style-type: none">• Justine Spisak, BS• Suzanne Michel, MPH, RD, LDN• Donna H. Mueller, PhD, RD, FADA, LDN• CF Foundation Education Committee	https://www.cff.org/Life-With-CF/Daily-Life/Fitness-and-Nutrition/Nutrition/Grab-N-Go-Meal-Ideas.pdf

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RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
CF LIVER DISEASE (CFLD)			
3A. CF Liver Disease Webcast	A 2011 video webcast featuring Dr. Michael Narkewicz, MD, about keeping the liver healthy, what causes CFLD, and the latest research.	<ul style="list-style-type: none"> • CF Foundation 	https://youtu.be/D65VGbNgF94
3B. Childhood Liver Disease Research & Education Network	An overview of the signs, symptoms, and treatments for CFLD from the Childhood Liver Disease and Education Network at the University of Michigan.	<ul style="list-style-type: none"> • University of Michigan 	https://childrennetwork.org/cfld.aspx

RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
CF RELATED DIABETES (CFRD)			
4A. Managing Cystic Fibrosis-Related Diabetes: An Instruction Guide for Patients & Families, 6th Edition	A comprehensive resource for CFRD care, including information about diagnosis, treatment, general care, pregnancy, and nutrition.	<ul style="list-style-type: none"> • Carol Brunzell, RD, CDE, LD • Dana S. Hardin, MD • Anne Kogler, RN, CDE • Antoinette Moran, MD • Terri Schindler, MS, RDN 	https://www.cff.org/Living-with-CF/Cystic-Fibrosis-Related-Diabetes/CFRD_Manual_2015/
4B. CFRD Daily Management Webcast	Slides from a 2011 video webcast featuring Antoinette Moran, MD, and Carol Brunzell, RD, CDE, focused on how CFRD is diagnosed and screened in people with CF.	<ul style="list-style-type: none"> • CF Foundation 	https://www.cff.org/PDF-Archive/CFRD-Daily-Management-Slides/

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GENERAL CF HEALTH			
5A. Cystic Fibrosis: A Guide for Patient and Family	This book explains the CF disease process, outlines the fundamentals of diagnosing and screening CF, and addresses the challenges of treatment for those living with CF.	<ul style="list-style-type: none"> David Orenstein, MD 	Available for purchase at: http://www.amazon.com/Cystic-Fibrosis-Guide-Patient-Family/dp/1608317536
5B. Moving On. Next Stop... Adulthood	An overview for teenagers of what to expect as they approach transition and transfer. Key topics addressed include growing up, self-care, balancing the demands of CF, and thinking about the future.	<ul style="list-style-type: none"> Mary Jo McCracken, RN, MS, CPNP CF Foundation Education Committee Sponsored by Digestive Care, Inc. 	http://www.happyheartfamilies.citymax.com/f/Cruising_On_-_Teen_Transition_Booklet.pdf
5C. An Introduction to Cystic Fibrosis for Patients and Their Families, 6th Edition	Overview of the basics of CF, including <ul style="list-style-type: none"> Definition and diagnosis How CF affects the body Living with CF Resource guide–glossary, educational tools, etc. 	<ul style="list-style-type: none"> James C. Cunningham, MD Lynn Taussig, MD CF Foundation Education Committee Sponsored by Aptalis Pharma, Inc. 	https://www.cff.org/PDF-Archive/An-Introduction-to-Cystic-Fibrosis-for-Patients-and-Their-Families/
5D. Hemoptysis Information Sheet	An overview of the signs and symptoms of hemoptysis, treatments, and plan of action in case of emergency.	<ul style="list-style-type: none"> Yale School of Medicine CF Foundation Education Committee 	http://www.childrenshospitalofillinois.org/pdfs/specialty-services/cf/respiratory/Hemoptysis-Information-Sheet.pdf

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SCREENING & PREVENTION			
6A. CFRD: Diagnosis & Screening Webcast	A 2011 video webcast featuring Antoinette Moran, MD, and Carol Brunzell, RD, CDE, focused on how CF-related diabetes is diagnosed and screened in people with CF.	<ul style="list-style-type: none"> • CF Foundation 	https://youtu.be/NMrVuH1-oT0
6B. CF Liver Disease Webcast	A 2011 video webcast featuring Dr. Michael Narkewicz, MD, about keeping the liver healthy, what causes cystic fibrosis liver disease, and the latest research.	<ul style="list-style-type: none"> • CF Foundation 	https://youtu.be/D65VGbNgF94l
6C. Patient Registry: Annual Data Report 2016	The annual report provided by the CF Foundation summarizing the state of CF care.	<ul style="list-style-type: none"> • CF Foundation 	https://www.cff.org/Research/Researcher-Resources/Patient-Registry/2016-Patient-Registry-Annual-Data-Report.pdf
6D. Distal Intestinal Obstructive Syndrome (DIOS) Information Sheet	A brief overview of DIOS including signs, symptoms, and treatments.	<ul style="list-style-type: none"> • Yale School of Medicine • CF Foundation Education Committee 	http://rwjms.rutgers.edu/departments_institutes/cf_center/nutrition/documents/DIOSInformationSheet.pdf

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RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
EQUIPMENT MAINTENANCE & INFECTION CONTROL			
7A. Caring for Your Nebulizer Customizable Information Sheet	A customizable information sheet that focuses on the best ways to clean and disinfect your nebulizer.	<ul style="list-style-type: none"> Yale School of Medicine CF Foundation Education Committee 	http://www.childrenshospitalofillinois.org/pdfs/specialty-services/cf/respiratory/Caring-for-your-Nebulizer.pdf
7B. Lung Health: What You Should Know About Germs	A patient-friendly fact sheet about minimizing the spread of germs. Topics of focus include washing hands, cleaning respiratory equipment, vaccination, maintaining proper hygiene in public, and guidelines for interacting with others with CF.	<ul style="list-style-type: none"> CF Foundation Education Committee 	http://www.cff.org/UploadedFiles/LivingWithCF/StayingHealthy/Germs/WhatYouShouldKnow/Lung-Health-What-You-Should-Know-About-Germs.pdf
7C. Infection Prevention and Control Policy Update	A 2013 video webcast featuring Lisa Saiman, MD, discussing the infection control policy update.	<ul style="list-style-type: none"> CF Foundation 	https://www.cff.org/PDF-Archive/Infection-Prevention-and-Control-Policy-Slides/
7D. CF and Bacteria Information Sheet	A one-page fact sheet about the most prevalent and dangerous CF bacteria, and their impact on people with CF.	<ul style="list-style-type: none"> Yale School of Medicine CF Foundation Education Committee 	http://www.childrenshospitalofillinois.org/pdfs/specialty-services/cf/germs-infection-control/CF-and-Bacteria-Information-Sheet.pdf
7E. Influenza: Learn how to stay healthy during flu season	An overview of how and why people with CF and their families should avoid influenza.	<ul style="list-style-type: none"> CF Foundation 	http://iuhealth.org/images/ril-doc-upl/Influenza.pdf
7F. MRSA & CF: Frequently Asked Questions	A detailed FAQ about MRSA.	<ul style="list-style-type: none"> CF Foundation 	https://www.uthealth.org/wp-content/uploads/2013/03/6-MRSA-and-CF.pdf
7G. Germs and Cystic Fibrosis: The Facts	A patient-friendly brochure that explains what germs are, how they are spread, why they are dangerous for people with CF and how to avoid them.	<ul style="list-style-type: none"> CF Foundation 	https://www.cff.org/Life-With-CF/Daily-Life/Germs-and-Staying-Healthy/How-Can-You-Avoid-Germs/Resources/Germs-and-CF-The-Facts.pdf

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RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
SEXUAL HEALTH			
8A. Fertility Information for Males with CF Webcast	A 2009 video webcast featuring Tom Walsh, MD, and Moira Aitken, MD, focused on learning about the different fertility issues faced by men with CF and how to work with the healthcare center team to get the optimal care and support.	<ul style="list-style-type: none"> • CF Foundation 	https://youtu.be/XZSZ2xdQfbo
8B. Fertility Information for Females with CF Webcast	A 2009 video webcast featuring Edith Cheng, MD, and Moira Aitken, MD, focused on learning about the different fertility issues faced by women with CF and how to work with the healthcare center team to get the optimal care and support.	<ul style="list-style-type: none"> • CF Foundation 	https://youtu.be/pWhIPi3T_NM
8C. Sexuality & CF: Information for Adolescence	Focused on adult-related sexual health issues, including a developing body, sexuality and relationships, contraception and sexually transmitted infections, and fertility.	<ul style="list-style-type: none"> • CF Foundation Canada 	http://www.cysticfibrosis.ca/uploads/resources/adolescents/TEEN_SEXUALITY_WEB_Compressed.pdf
8D. Sexuality, Fertility, and Cystic Fibrosis: Information for Adults	Focused on adult-related sexual health issues, including fertility and the reproductive system; practical advice about sex, contraception, and sexually transmitted infections; fungal vaginitis; and stress incontinence.	<ul style="list-style-type: none"> • CF Foundation Canada 	https://www.cff.org/Living-with-CF/Reproductive-Health-and-Fertility/Sex-and-CF/Sexuality,-Fertility-and-Cystic-Fibrosis--Information-for-Adults/
8E. Nutrition: Cystic Fibrosis Changes Through Life	Includes a section on nutrition and pregnancy, as well as guidance for women who are breastfeeding.	<ul style="list-style-type: none"> • CF Foundation Education Committee 	https://www.uthealth.org/wp-content/uploads/2013/03/5-Nutritional-Changes-through-life.pdf
8F. A Young Person's Guide to Sexual and Reproductive Health Issues in Cystic Fibrosis	A booklet for teens and young adults with CF that covers the basics of puberty, sex, fertility and pregnancy. Includes a glossary of terms.	<ul style="list-style-type: none"> • Centre for Adolescent Health • Royal Children's Hospital 	https://www.cff.org/Living-with-CF/Reproductive-Health-and-Fertility/CF-and-the-Female-Reproductive-System/A-Young-Person-s-Guide-to-Sexual-and-Reproductive-Health-Issues-in-Cystic-Fibrosis/

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RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
LIFESTYLE			
9A. Adolescence & CF Customizable Information Sheet	A short fact sheet that provides an overview of the key issues adolescents with CF may face.	<ul style="list-style-type: none"> CF Foundation Education Committee 	Available on Port CF
9B. CF and Exposure to Second Hand Smoke	A short fact sheet that provides an overview of the effects of second hand smoke on the lungs.	<ul style="list-style-type: none"> CF Foundation 	http://rwjms.rutgers.edu/departments_institutes/cf_center/signs/documents/CF_and_Exposure_to_Second_Hand_Smoke.pdf
9C. Mental Health	An overview of mental health issues in CF.	<ul style="list-style-type: none"> CF Foundation Canada 	http://www.cysticfibrosis.ca/about-cf/living-with-cystic-fibrosis/mental-health/
9D. Cystic Fibrosis: Helping Families Cope Website	A brief online guide to depression for people with CF.	<ul style="list-style-type: none"> Community Center for Health and Wellness 	http://www.sofia.edu/wp-content/uploads/2014/07/2013-07-30-cchw-program-packet.pdf
9E. The Salt Card	Provides tips on when, why, and how to add salt to meals.	<ul style="list-style-type: none"> CF Foundation Education Committee & CF Services Pharmacy 	Available on Port CF
9F. Exercising with CF	This handout explores the benefits of exercise for people with CF and how to go about starting your own exercise plan.	<ul style="list-style-type: none"> Cystic Life 	http://www.cysticlife.org/downloads/ExerciseFlyerFINAL.pdf
9G. Depression, Anxiety and Cystic Fibrosis – What the Guidelines Mean for You	A short fact sheet that provides an overview of depression and anxiety. Includes an explanation of the new CF Guidelines for the screening and treatment of depression and anxiety.	<ul style="list-style-type: none"> CF Foundation 	https://www.cff.org/Living-with-CF/Emotional-Wellness/Depression-Anxiety-and-Cystic-Fibrosis-What-the-Guidelines-Mean-for-You/
9H. How Much Sleep Do We Really Need?	Website article, video, and downloadable fact sheet on the the importance of sleep. Includes recommended sleep times.	<ul style="list-style-type: none"> National Sleep Foundation 	https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need

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RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
INSURANCE & FINANCIAL			
10A. A Guide to Health Insurance and Social Security Benefits for People with CF	An overview of health insurance and social security benefits for people with CF.	<ul style="list-style-type: none"> Beth Sufian, JD Sponsored by Gilead Sciences, Inc. 	http://www.cfri.org/pdf/A_Guide_to_Health_and_Social_Security_Benefits_for_People_with_CF_11.7.12.pdf
10B. CF Legal Information Hotline	The CF Legal Information Hotline provides free information about the laws that protect the rights of individuals with CF. It serves as a resource for CF Care Centers, individuals with CF, and their families. Phone: (800) 622-0385 Email: CFLegal@cff.org	<ul style="list-style-type: none"> Beth Sufian, JD CF Foundation 	https://www.cff.org/Living-with-CF/Navigating-Insurance/Finding-Support/Know-Your-Rights/
10C. Social Security Administration Website	The official website for social security with information about Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), disability benefits, etc.	<ul style="list-style-type: none"> US Government 	http://www.socialsecurity.gov/
10D. Affordable Care Act Website	A detailed overview of the ins and outs of the Affordable Care Act.	<ul style="list-style-type: none"> US Government 	http://www.healthcare.gov/law/index.html
10E. Definition of Insurance Terms	A PDF focusing on basic insurance terms and their definitions.	<ul style="list-style-type: none"> Bureau of Labor Statistics 	http://www.bls.gov/ncs/ebs/sp/healthterms.pdf

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RESOURCE TITLE	DESCRIPTION	SOURCE	LINK
COLLEGE & WORK			
11A. Scholarships & Financial Aid	An overview of the scholarships offered by the Boomer Esiason Foundation.	<ul style="list-style-type: none"> Boomer Esiason Foundation 	http://www.esiason.org/cf-living/scholarships
11B. Scholarships & Financial Aid	An overview of the scholarships offered to CF patients by the CF Foundation and partner organizations.	<ul style="list-style-type: none"> CF Foundation Website 	https://www.cff.org/Living-with-CF/CF-and-School/Managing-My-CF-in-College/Scholarships-and-Financial-Aid/
11C. CF Wind Sprints Video Series	CF Wind Sprints videos featuring Jerry Cahill and CF patients discussing transitions in life: going to college, college to work, etc.	<ul style="list-style-type: none"> Jerry Cahill Boomer Esiason Foundation 	http://www.jerrycahill.com/series/cf-wind-sprints/
11D. Cystic Fibrosis in the Workplace	A detailed overview of employment issues and CF.	<ul style="list-style-type: none"> Marianne Ferrin, CRNP Karen Cianci, RN, MHA Maureen Finnerty, RN, MN Gwen McDonald, RN, MS Thomas Smith, MD Staci Thrasher, MSW, LGSW CF Education Committee 	http://www.cfnz.org.nz/wp-content/uploads/Library/CFFbrochures/CFInTheWorkplace.pdf
11E. Bringing CF to School: Implementing a 504 Plan for Your Child	This handout helps explain what a 504 plan is and how you can set one up for your child.	<ul style="list-style-type: none"> Cystic Life 	http://www.cysticlife.org/downloads/504FlyerFINAL.pdf

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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 Assessment.

Lung Health & Airway Clearance		Pancreatic Insufficiency & Nutrition		CF Liver Disease		CF-Related Diabetes (CFRD)		General CF Health		Screening & Prevention	
#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)
1	1F, 5A, 5C	1	2B, 2E	1	3A, 3B	1	4A, 4B	1	--	1	6B, 3B
2	1D, 5A, 5C	2	9E	2	3A, 3B	2	4A, 4B	2	5A, 5C	2	6B, 3B
3	1B, 1C	3	2B, 2C, 2E	3	3A, 3B	3	4A, 4B	3	--	3	6B, 3B
4	9B	4	2A-2G, 5C	4	3A, 3B	4	4A, 4B	4	5D	4	6A, 4A, 4B
5	1F, 1D, 7D	5	2F, 2G, 5C	5	3A, 3B	5	4A, 4B	5	--	5	6C
6	1B, 1C, 1D, 7B	6	2A, 2B, 2E	6	3A, 3B	6	4A, 4B	6	5B	6	6A, 4A, 4B
7	1A, 9F	7	2F, 2G		7	4A, 4B	7	5B	7	6C	
8	5A, 5C	8	2A-2G, 5C		8	4A, 4B	8	5B	8	6A, 4A, 4B	
9	1F, 7D	9	2A-2G, 5C		9	4A, 4B	9	5B			
10	1B, 1C	10	2A, 2B, 2E		10	4A, 4B	10	6C			
11	1B, 1C	11	2A, 2B		11	4A, 4B					
12	1B, 1C	12	9E, 5C		12	4A, 4B					
13	1C	13	2A, 2B		13	4A, 4B					
14	1B, 1C	14	2A, 2B		14	4A, 4B					
15	1B, 1C	15	2A, 2B								
16	1B, 1C	16	2A-2G, 5C								

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Equipment Maintenance & Infection Control		Sexual Health		Lifestyle		Insurance & Financial		College & Work	
#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)	#	Resource(s)
1	7B, 7C, 7G	1	8A, 8C, 8D, 8F	1	9B	1	10A, 10D	1	11A, 11B
2	7B, 7C, 7G	2	8A, 8C, 8D, 8F	2	9B	2	10A, 10D	2	--
3	7B, 7C, 7G	3	8A, 8C, 8D, 8F	3	9B, 9A	3	10A, 10C	3	11E
4	7B, 7C, 7G	4	8A, 8C, 8D, 8F	4	9H	4	10A, 11E	4	--
5	7A	5	8A, 8C, 8D, 8F	5	9F, 1A	5	10A, 10C	5	--
6	7B, 7C	6	8A, 8C, 8D, 8F	6	9F, 1A	6	10A, 10D	6	11D
7	7A	7	8A, 8C, 8D, 8F	7	9C, 9D	7	11E	7	11D
8	7A	A1	8B, 8C, 8D, 8F	8	9C, 9D	8	10A, 10C	8	11D
9	7B, 7C	A2	8B, 8C, 8D, 8F	9	9C, 9D	9	10A, 10C	9	11D
		A3	8B, 8D, 8F	10	9C, 9D	10	10E	10	11D
		A4	8B, 8C, 8D, 8F	11	9C, 9D	11	11E	11	11D
		A5	8B, 8C, 8D, 8F	12	9G	12	10E		
		A6	8D	13	9G	13	10E		
		A7	8D, 8F	14	9G	14	10E		
		A8	8E, 8F	15	9H	15	10A, 10B		
		A9	8B, 8C, 8D, 8F	16	9H	16	10E		
				17	9H				