

IMPORTANT

TELEPHONE NUMBERS

CF Service Secretary 9276 2315
CF Nurse/Coordinator 9276 3443
Appointments 9276 6960

The Alfred (switchboard) 9276 2000

Access to health care and information for adults with CF and their carers is available 24 hours a day, 7 days a week at The Alfred.

The best time to contact the CF team is during normal business hours
9am – 5pm, Monday to Friday.

At other times, **urgent** health related queries should be directed to the Allergy, Immunology and Respiratory Medicine Registrar by calling The Alfred switchboard (number above) **or** by coming to the Emergency Department.

ADDITIONAL RESOURCES

for

FAMILIES

Counselling and family therapy
CF Social Worker: 9276 3026

Psychological assessment and counselling
CF Psychologist: 9276 3805

Vocational issues (employment / study / balancing life & health goals)
CF Occupational Therapist: 2976 3526

Genetic counselling at The Alfred
Genetic Counsellor: 9276 6580

**Cystic Fibrosis Victoria provides support services to assist families in dealing with day to day issues that arise as a result of living with cystic fibrosis:
& 9686 1811**

ADULT CYSTIC FIBROSIS SERVICE

Department of Allergy, Immunology
and Respiratory medicine
THE ALFRED
Commercial Road
Melbourne Victoria 3004

INFORMATION

FOR

FAMILIES AND CARERS



OUR PHILOSOPHY:

The CF team at The Alfred is made up of health care professionals with specialist knowledge and experience in helping adults deal with the physical, emotional and social impact of cystic fibrosis over time. Our goal is to help adults with CF maintain the best possible health in order to pursue their individual goals and realise their ambitions.

CONFIDENTIALITY:

We provide a specialist service to people with CF and their families/carers. Our primary responsibility always remains the person with CF. For this reason, health information will not be disclosed unless it is in full knowledge and with express consent of the patient.

FAMILY INVOLVEMENT:

Parents, families and friends are encouraged to support adults with CF during consultations in the Clinic and on the Wards. There is a private meeting room on Ward 5 East for family meetings or counselling and a quiet room in the Clinic as well.

Key responsibilities of the CF Service include:

- § To provide best practice, evidence based treatment for cystic fibrosis.
- § To create a therapeutic alliance with adults with CF that results in a working health care partnership.
- § To provide opportunities for adults with CF to develop individualised health maintenance strategies.
- § To provide information to people with CF and their carers that allows them to participate in, and make informed choices about, their care plan.
- § To promote psychological wellbeing and maintain the best possible quality of life.
- § To welcome involvement of parents, carers and partners who support adults with CF.

FREQUENTLY ASKED QUESTIONS:

- Q.** What measures are in place at The Alfred to protect people with CF from acquiring new infections?
- R.** The CF Service has adopted the recommendations of the ACFA Guidelines on infection control. We ensure that risk of person to person spread of organisms is minimised by regular education of staff, families and patients and appropriate allocation of single rooms when in hospital.

- Q.** Will we be able to see the same doctor each time we come to the Clinic or come to hospital?
- R.** Whenever possible you will see the same Consultant when you come to Clinic. In hospital, adults with CF are under the care of the Consultant on Ward Service for that month. Because we work as a team, the Consultant you usually see in the Clinic will be kept informed of your progress and important issues.

- Q.** Who can I speak to if I have a question about CF care at The Alfred?
- R.** You can direct any questions to the Service Nurse / Coordinator, who can then put you in touch with the person or people best able to answer the particular query.

- Q.** Can parents, carers and partners contact the CF Team on behalf of the person with CF?
- R.** Yes, communication with the care team about physical or mental health concerns is important, but should occur in full knowledge of the person with CF.