

The CF Team

Pulmonary Physicians

Moira Aitken, MD,
Director

Christopher Goss, MD,
MSc, Associate Director

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Katie Hisert, MD, PhD

Kathy Ramos, MD, MSc

CF Nurse Coordinator

Lori Menalia, RN
206.598.8446 (press 6)

Respiratory Care Practitioner

Jeff Moniz, RRT
206.598.8446 (press 2)

Dietitian

Andrea Lopriore, RD
206.598.8446 (press 3)

Mental Health Care Coordinator

Jenny Hammer, LICSW
206.598.8446 (press 5)

Social Worker

Francine Baffa, MSW, LSWAIC
206.598.8446 (press 4)

Clinical Pharmacist

Mark Stenwall, PharmD, RPH
206.598.8446 (press 1)

CF Visit Scheduling

206.598.4615

Lung Transplant Team

206.598.5277



Cystic Fibrosis Program At UWMC

Welcome to the Cystic Fibrosis (CF) Program at University of Washington Medical Center (UWMC). Our mission is to make sure all people with CF have access to high-quality, specialized care. Our goal is to give you the opportunity to lead a full, productive life.

The CF Program provides both inpatient and outpatient care. Our clinic manages a wide range of community and home care services for adults with CF. UWMC is also a lung transplant center.

We look forward to being your partner in your healthcare. Your treatment plan will be designed to meet your specific needs.



The Cystic Fibrosis Program is located at University of Washington Medical Center.

Questions?

Your questions are important. Please call the CF Program Nurse if you have any questions or concerns. Clinic staff will call you back.

CF Program Nurse: 206.598.8446 (press 6)

Fax: 206.598.7214

Research Studies: For information on research studies, call the Cystic Fibrosis Research coordinator, Teresa Gambol: 206.543.7382

Your Care Team

The **CF Team** includes *pulmonary physicians* (lung doctors) with special training in treating cystic fibrosis, a nurse coordinator, respiratory care practitioners, a dietitian, social workers, a mental health provider, a clinical pharmacist, and a lung transplant coordinator. Their names and phone numbers are on the back of this handout.

Other providers will join your care team as needed. These may include a diabetes care specialist, a *gastroenterologist* (a doctor who treats problems of the stomach and intestines), liver disease specialists, allergists, obstetricians, infertility specialists, and an ear, nose, and throat specialist.

Setting Up Your Clinic Visits

The Cystic Fibrosis Foundation advises that CF patients visit their CF clinic every 3 months. Your visits with the CF Team can be scheduled for Monday mornings or Thursday afternoons. Call **206.598.4615** to set up your appointment.

If you need to reschedule, **please try to call us 2 to 3 days before your visit**. This allows other CF patients to use that appointment time.

Be sure to write down your questions and bring them with you to your visit.

What to Expect

During your visit, you will meet with your **pulmonary physician**. You may also see other members of the CF Team:

- The **dietitian** will check your nutritional status.
- The **social worker** can help you with insurance concerns and with finding community resources, as needed.
- The **nurse, respiratory therapist, and clinical pharmacist** will help you with self-care. This may include using medicines and breathing equipment. They may also teach you ways to keep your airway clear.

At each visit, we will check your lung function by *spirometry* (measuring how much air enters and leaves your lungs) and *oximetry* (checking the oxygen level in your blood). We will also take a *sputum* (saliva) sample to check for bacteria, give you a physical exam, and do other tests, if needed.

Your 3-month visit may last up to 2 to 3 hours. Your yearly visit may last longer than this.

Primary Care

We urge CF patients to have a primary care provider (PCP), in addition to the CF team. Your PCP will manage your health issues that are not related to CF. Women with CF should see their PCP for their gynecology needs.

Prescription Refills

For prescription refills, ask your pharmacy to call the CF Program pharmacist at **206.598.8446** (press 1) or to fax **206.598.7214**.

Home IV Antibiotics

Intravenous (IV) antibiotics are often started or finished at home. Home treatments may last 2 to 3 weeks and may cost you less than care in the hospital. Your health insurance company may advise you to have these treatments at home.

Hospital Stays

If you are admitted to the hospital, you will most likely stay on the General Medicine Service Unit on 6-Northeast. A resident doctor, a general internist, and a consultant in pulmonary medicine will oversee your care.

Lung Transplant

At each of your clinic visits, the CF Team will assess your need for a lung transplant. Please talk with your physician if you want to learn more about your lung transplant options.