

# CF Connection

Fall 2022

University of Florida Pediatric Pulmonary Center

## Getting Help From Your Support Circle

First let's define what a support circle is. A support circle is your network of people that can give you practical or emotional support. These support circles can help you improve your overall health and reduce stress and anxiety.

Mental health can be a tough battle. Sometimes it can take hold of your life and make you feel unworthy of social interactions or being cared for by others. However, it is important to try to work through these thoughts and remember that everyone is worthy of being cared for and loved!

Now let's take a look at who can be the members of your support circle. This can include parents, siblings, extended family members, friends, and community members. It can be hard to ask others to be there for us. But the truth is, sometimes it becomes too emotionally hard to be there for ourselves. We don't want to seem vulnerable, but it's okay to ask for help, even when we aren't sure if we need it. Also remember that it's okay to accept help when it's offered.

A good support circle can give you unprompted check-ins, positive influence, and allow you to talk about your health concerns, or not talk about your health concerns if you'd like a distraction!

So, when to ask for help?

- If you feel like your personality is changing (such as starting to feel withdrawn, sad, depressed, angry, anxious, or moody).
- If you feel like you want to avoid contact with friends and family.
- If you feel like you are not taking care of your personal hygiene (such as not bathing or washing your clothes) or not taking care of your pets or living space.
- If you feel hopeless, overwhelmed, or worthless.



Your support circle is a union with one common goal and that is to make sure that you are emotionally OKAY. Why?! Because they absolutely LOVE you! The weight of the world and your chronic illness can be a lot to handle at times so it's okay to say **"I'm not okay, I need you."** Tell your support circle how they can help you in that moment and what exactly you need them to do. Be specific with your request. This could be anything from a hug, a listening ear, or help with a child so that you can have time for self-care.

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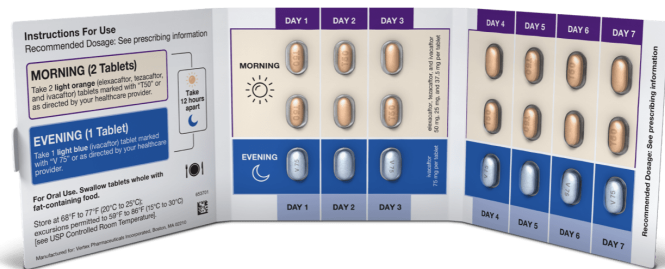
## We Need You!

Please let us know if you have any tips or stories you would like to share. We would love to include them in our Family Corner! Please send e-mail to [Jennifer.Hillan@medicine.ufl.edu](mailto:Jennifer.Hillan@medicine.ufl.edu).

## Medication Updates

Please let your pharmacy know ASAP when you need medication refills/prescriptions. Insurance often requires Prior Authorizations (PAs) for many medications and these take time to complete. To be sure you/your child isn't left without medication, please request a refill from your pharmacy at least two weeks before you will run out of your current prescription.

If you or your child is using Trikafta, it's very important to get lab tests every three months for the first year to be sure Trikafta isn't causing liver damage. After one year of treatment, labs will need to be done once a year. Insurance companies require regular lab work, annual eye exams, and regular visits with your CF care team to continue paying for Trikafta. If you don't come to clinic visits regularly, we will not be able to renew your Trikafta prescription.



After starting Trikafta, it's important not to make any changes to other medications without talking to your CF care team first. Females taking Trikafta have a higher chance of getting pregnant than before starting Trikafta, so it's important to use birth control.

## Hurricane Season

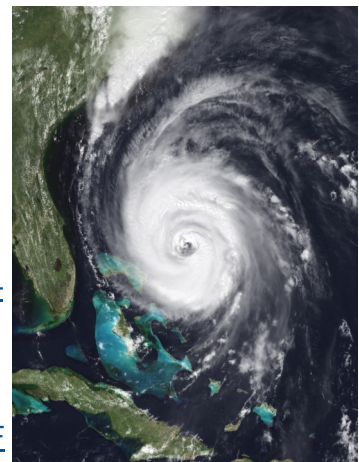
Hurricane season goes thru November. Did you know that the Cystic Fibrosis Foundation has disaster planning resources? Check out the links below:

**Disaster and Emergency Preparedness Planning for People with CF:** <https://www.cff.org/Assistance-Services/How-Compass-Helps-People-With-CF-and-Their-Families/Disaster-and-Emergency-Preparedness-Plan/>

**Tips for People with CF Affected By Natural Disasters:** <https://www.cff.org/Living-with-CF/Navigating-Insurance/Your-Insurance-Plan/Tips-for-People-With-CF-Affected-by-Natural-Disasters.pdf>

**Disaster Preparedness Plan Checklist:** <https://www.cff.org/Assistance-Services/How-Compass-Helps-People-With-CF-and-Their-Families/Disaster-Preparedness-Plan-Checklist.pdf>

**Compass is ready to support people with CF and their families impacted by a hurricane.** Contact Compass at [cdt@cff.org](mailto:cdt@cff.org) or 844-266-7277. Calls related to natural disasters are handled urgently.



## Back to School

With the start of the new school year, it's a great time to consider updating or creating a CF accommodation plan at your child's school. These are typically referred to as IEP or 504 plans.

Some examples of school accommodations include:

- ✓ Give time during school day to take medication or do airway clearance therapy
- ✓ Adjust school rules to allow child to take their own medication, like pancreatic enzymes
- ✓ Have plan to get homework or tutor when child is ill or in the hospital
- ✓ Give audio or videotapes of missed classes
- ✓ Adjust or waive attendance rules
- ✓ Give access to private bathroom, perhaps in a nurse's office
- ✓ Don't limit access to bathroom or water
- ✓ Have a school medical emergency plan

More information about IEP/504 plans and CF can be found at : <https://www.cff.org/individualized-education-programs-ieps-and-504-plans>. To request changes, contact your school and request a 504 or IEP plan. If you would like additional support or guidance from your CF team, please let us know and we would be happy to provide letters of support or speak with your school about the importance of CF accommodations at school.

## PFT Update

If you have your home PFT device, set it up and start using it! This is a wonderful way to monitor your child's lung function between visits or for telemedicine visits. You will be able to reduce your wait time in clinic if you bring your device with you!

Please let us know if you need any assistance using your device. Our respiratory therapist Brittany will be happy to help. Once you've got your device set up and you are using it, you can upload the results to a MyChart message.

If you want a copy of your PFT report that was done in clinic, you can get it from Medical Records after your doctor has interpreted it (usually a couple of days). Call the Shands main line and ask for Medical Records.



## Flu Season—It's Right Around the Corner!

The CFF and your care team highly recommend the annual flu vaccine for people with CF and their families. Flu season is from October thru March. Yes, you can get both the flu AND COVID but you can help prevent it by getting your flu shot when it's available!

# CF Connection—Pediatric Pulmonary Center

## Get Involved!

Check out the upcoming CF Foundation virtual and in-person events. Visit <https://www.cff.org/get-involved> for more info.

### October 1 – Siesta Key – Great Strides Walk

### October 5 – Ponte Vedra Beach – Oldest City Red Trout Classic

Join us for this year's exciting fishing tournament starting from the docks of Ponte Vedra Beach! Guests will enjoy two days of amazing fishing for redfish and trout, guided by local professional captains. The event features a captains party, happy hour, an awards celebration and silent, live and Bid for A Cure auctions.

### October 21-22 – CF FamilyCon

CF FamilyCon is a free, two-day virtual event for adults with cystic fibrosis, their families, and friends a space to connect, share, and learn from each other.

### November 12 – Tampa Rock n Roses

Our Rock N' Roses event will bring the Tampa Bay community together to support a great cause - the fight against cystic fibrosis. We will honor the work done thus far in the fight, and those who have contributed to the success of the Foundation's mission. Join us for a night of food and drinks from local vendors, live music, a silent and live auction, and plenty of fun!

### November 13 – Deland – Cycle for Life

Our 2022 CF Cycle for Life event will feature in-person and virtual experiences to help make a difference for people living with cystic fibrosis. Routes vary from 19 miles to 100 miles.



Pediatric Pulmonary Center  
University of Florida  
Health Science Center  
P.O. Box 100296  
Gainesville, Florida 32610-0296

**Phone: 352-273-8380**

**Toll Free: 1-800-749-7424**

**Fax: 352-294-8098**

#### Physicians & Nurse Practitioners:

Marc Schechter, MD, Division Chief  
Silvia Delgado-Villalta, MD  
Mary H. Wagner, MD  
Dima Ezmigna, MD  
Sreekala Prabhakaran, MD  
Carmen Leon, MD  
Kevin Kokesh, MD  
Mutaz Alsanjalawi, MD  
Aditi Pant, MD  
Dawn Baker, ARNP  
Brittany Knight, ARNP  
Alyssa Henry, PA

#### Nurses:

Alicia Hardy, RN  
Tay Gandy, LPN  
Lakendra Patterson, RN

#### Dietitians:

Ellen Bowser, MS, RN, RD  
Jennifer Hillan, MSH, RD, LD/N

#### Social Worker:

Tatianna Pulcini, LCSW  
352-627-9325 or [tkelaita@ufl.edu](mailto:tkelaita@ufl.edu)

#### Clinical Psychologist:

David Fedele, PhD

#### Pharmacist:

Kalen Manasco, PharmD

#### Respiratory Care:

Shands/UF Pediatric Respiratory  
Care Team

#### Family Partner:

Angela Miney—[aminey@peds.ufl.edu](mailto:aminey@peds.ufl.edu)

#### Office Staff:

Lisa Harvey  
Chris Gates