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| **{child's name}** | **Year of attendance****Junior Kindergarten****{school name}** |

{insert child's picture}

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| **CYSTIC FIBROSIS:** \_\_\_\_ is a bright, energetic and athletic girl/boy who has inherited the condition called CYSTIC FIBROSIS (CF). All complications are due to the presence of thick mucous throughout her/his body. **\_\_\_\_\_\_\_\_**has to do life-sustaining chest therapy on a daily basis. She/he does up to 2 hours of therapy each day - 1 hour each morning and 1 hour each evening. She/he requires enzyme pills to digest her/his food, and can end up with serious bowel complications if she/he does not take them with every meal/snack. Please do not interpret this fact sheet as meaning that \_\_\_\_\_ needs to be overprotected. It is important that she/he not feel singled out in front of her/his peers. Physical activity is very therapeutic for children with cystic fibrosis. Please contact us with any questions/concerns you may have. Thank you, **{name and contact info}** |

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| **1.****PARTS OF THE BODY INVOLVED** | **SYMPTOMS** | **SPECIAL NEEDS** |
| PANCREAS - due to absence of digestive enzymes, food is not properly digested- nutrients and calories are not absorbed well | - may have abdominal discomfort, pain, or bloating- foul-smelling abdominal gas | - MUST TAKE ENZYME CAPSULES WITH ALL THAT SHE/HE EATS OR DRINKS (only exceptions are fruit and water/sugar mixtures - juice, water, any clear fluids, ice popsicles, clear candies)- high calorie diet (1.5 times higher than normal - high protein, high fat, high salt)- vitamin/mineral supplements taken at home |
| BOWELS - may have bowel urgency and loose bowel movements- OR may have a bowel obstruction or constipation | - sudden bowel urgency, at times cannot wait!- abdominal pain/bloating | - MUST BE ABLE TO LEAVE ROOM WITHOUT PERMISSION due to her/his immediate need to use the washroom- FREE WASHROOM PRIVILEGES or she/he may have a bowel accident! |
| SWEAT GLANDS- loses high amount of salt in sweat | - sweaty, red-faced, cranky, tired-looking, acting out of character- heat prostration, heat stroke | - higher than normal fluid intake after exercise (gym, sports) or in warm weather- more prone to heat stroke due to high fluid/salt loss- allowance to have EXTRA DRINKS (water, sports drinks, etc.)- may need EXTRA SALTY SNACKS after excessive exercise or in hot weather |
| SINUSES/NOSE- thick mucous- nasal polyps | - stuffy nose, headaches- sinus infections | - does sinus/nasal irrigation therapy as well as inhalation therapy daily at home- may have stuffy/runny nose more frequently than other children |
| LUNGS- thick mucous plugs up lungs and creates a breeding ground for infection- difficult to clear out mucous | - cough which helps to clear lungs- lung infection, pneumonia- easily tired (when lungs aren’t clear) | - ALLOWANCE TO COUGH AS NEED ARISES- physiotherapy and mask therapy done at home on a daily basis to break up any mucous in lungs, and to fight bacteria in the lungs- MUST NOT USE WATER FOUNTAINS: Bacteria grown in water fountains can enter lungs and cause serious lung infections in people with CF |

{insert child's picture}

**{child's name}**

**Junior Kindergarten (year)**

Condition: Cystic Fibrosis (CF)

Special Needs:

1. Must be allowed to leave the room without permission (due to bowel urgency).

2. Food: Must take enzyme capsules with all that she/he eats or drinks (only exceptions are fruit and water/ sugar mixtures - water, apple juice, ice popsicles, clear candies, etc.).

3. Fluids: Allowance to have extra drinks.

4. Salt: May require a salty snack after excessive exercise or in hot weather (on these days parents will send extra snack with instructions).

5. Water fountains- Must not use fountains. Extra drinks will be provided by parents.