



# TRANSITION NEWSLETTER

## All Wales Adult Cystic Fibrosis Centre

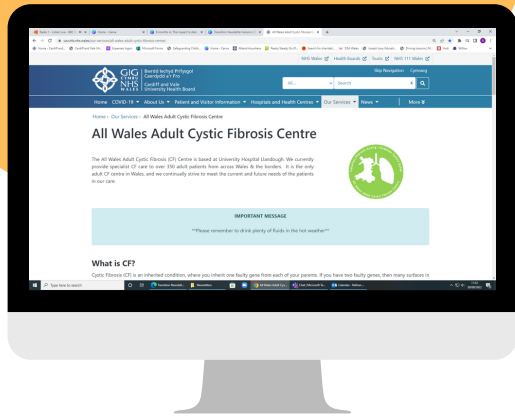
PLEASE READ



# HELLO!

Welcome to the second edition of the All Wales Adult Cystic Fibrosis Service newsletter for young people.

## VISIT OUR NEW WEBPAGE



APPLY  
HERE

## BACK TO SCHOOL ...

Having CF can mean extra challenges and costs to studying at college or university, but the Joseph Levy Education Fund can provide financial support to help you achieve your educational goals. You can apply for a grant to help with some of the costs such as course fees and educational resources. The next deadline for applications is **30 November 2022**. If you would like some support with this please get in touch. You can also find more support at [Student Finance Wales](#) and [Turn2Us](#).

## MEET THE TEAM

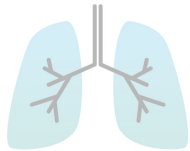
"Shwmae! My name is Kym, I am the Health Care Support Worker here in the adults CF outpatients department. I will welcome you into clinic and take you to your room. I will be around the centre during your appointment so if there is anything you need, I can help!"





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### Nebuliser Hygiene in Cystic Fibrosis

Keeping your nebuliser clean and sterile is important to help the device work optimally and prevent (re)infection of the lungs. These evidence based guidelines will help keep you and your nebuliser happy and healthy.

#### 1) Before Use

Wash your hands with soap and water, or use alcohol gel, before and after using or cleaning the nebuliser. This will reduce the chance of transferring bacteria, such as *staph aureus*, onto the device, which can cause infection.



#### 2) Washing

Nebulisers should be washed in warm water and dishwashing liquid **after each use**. This removes any visible dirt or grime, which can clog the mesh inside the nebuliser, reducing its efficiency. Washing should not be done in the bathroom. Using a sink could also risk getting bacteria, such as *pseudomonas*, on the nebuliser. Therefore it is recommended you use a dedicated bowl in your kitchen at home, or a disposable bowl in the main room in the hospital.



#### 4) Disinfection

Using an electric baby bottle steamer will kill off any bacteria or viruses remaining on the surface of the nebuliser after washing. It is important both steps are completed to sterilise the device.



#### 5) Storage

Nebuliser parts should be kept in the steamer until next use. If removed they could be recontaminated by bacteria and therefore cause an infection when the nebuliser next used.



#### Want to know more?

To find the full paper outlining these evidence based guidelines please use the following QR code!



Guidance taken from: Nebuliser hygiene in cystic fibrosis: evidence-based recommendations Bell et al. 2020



## ? QUESTION TIME

In every newsletter the CF Team will answer questions asked by young people:

**Will I see the same people at my clinic appointments?**

The adult team have many doctors, nurses, physios, dieticians, psychologists, a social worker and a youth worker so you won't always see the same people.

## YOUTH SUPPORT

This year's Youth Mental Health Day will take place on the 19th September 2022 and will focus on the importance of building and maintaining meaningful connections and relationships. We know that living with CF can be tough and can trigger a range of feelings so connecting with friends might be one way you can support your mental health.

## INTERESTED IN MEETING OTHERS WITH CF?

### SCAN ME TO JOIN!



AGE 18+



AGE 14-17

I connect with my friends by

To #ConnectMeaningfully,

I am going to

Tag three friends:

#YMHD

ymhd.co.uk

#ConnectMeaningfully



FOLLOW US @ALLWALESCF

