

# **ADULT CYSTIC FIBROSIS CLINIC**



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# **Welcome to the Adult CF Care Team!**

It's transition time and although a natural progression in life, we recognize that this might be a scary and difficult time for you. We want this to be as comfortable of a transition to the Adult CF Care Team as possible. We realize you are leaving familiar faces behind and stepping into brand new territory with new people and places. We hope to make this a pleasant experience by providing you with information about our team, as well as detailing our expectations on the adult CF care team.

You will notice both similarities and differences between Pediatric care and Adult care and between pulmonary clinic appointments and hospitalizations. In this booklet, you will find where the adult CF clinic is located. You will also find pictures of your adult CF care team, which includes Pulmonary Physicians, a Nurse Coordinator, a Dietitian, a Social Worker, and a Respiratory Clinical Specialist. We have provided you with a contact list with information for each member of our team. And finally, we have laid out the expectations for when you come to clinic and during a hospitalization. Our hope is that this information will ease some of your worry as you take this next big step in your life.

We are happy to have you as a part of our team and please don't hesitate to contact us with questions or concerns!

**- Your Adult CF Care Team -**

# Meet the UNC Adult Cystic Fibrosis Team

## Physicians



Richard Boucher, MD  
Director of UNC CF  
Research Center



Scott Donaldson,  
MD  
Adult CF Clinic  
Associate Director



Michael Knowles, MD  
Adult CF Center Director



Ray Coakley, MD



James Yankaskas, MD  
Adult CF Center  
Co-Director



Peadar Noone, MD



Jennifer Goralski, MD



Leigh Anne Daniels, MD

# Meet the UNC Adult Cystic Fibrosis Team

## Multidisciplinary Team



Kathy Hohneker  
Nurse Coordinator



Jaimee Watts  
Nurse Coordinator



Jenn Dane, Respiratory  
Clinical Specialist



Courtney Busby  
Dietitian



Jennifer Pagel  
Social Worker

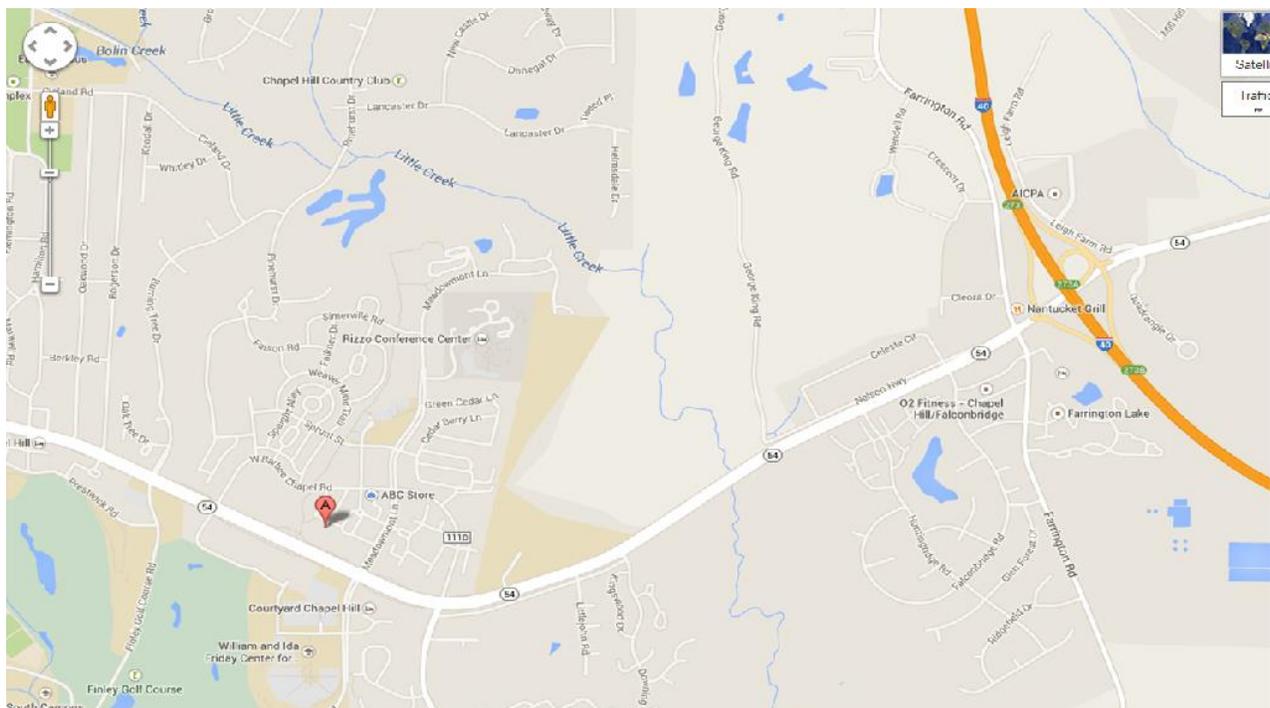
# Location & Parking

The Adult CF Clinic is now located in Meadowmont Village, just off of Highway 54 (take Exit 273 from I-40). This location is only 3 miles from UNC Hospitals, provides free parking in front of the building, and is adjacent to many shops and restaurants. Our “medical neighbors” include UNC Endocrinology (same floor), UNC Heart and Vascular Center (downstairs), and GI procedures (upstairs). A new Pulmonary/CF Clinical Research Unit will be located right across the hall, for those who participate in our many CF studies. Nearby are the UNC Spine and Imaging Center (for specialized radiology tests, such as CT scans) and the UNC Ear, Nose, and Throat Clinic, among many others.

## Address:

300 Meadowmont Village Circle, Chapel Hill, NC 27514

Free Parking in front clinic building.



# What Should I expect when I come to the Adult CF Clinic?

*Welcome to the Adult CF Clinic!*

*Clinic is held alternating Monday & Wednesdays, as well as every Thursday.*

**CHECK-IN:** After checking in at the front desk, you will be called from the lobby for Pulmonary Function Testing and Nurse Check-In. Family members are significant others will not be allowed during PFT's and check-in due to privacy, space limitations and infection control issues. However, we welcome your family and significant others during the physician visit! It is your decision, as the patient, to include or exclude whomever you wish during the visit. However, there may be times where we ask to speak with you, the patient, alone due to sensitivity of information being discussed, and we encourage you to become your own spokesman whether or not your family is present with you.

**CLINIC VISIT:** Before being placed in the exam room, lets us know if you have family or significant others in the waiting room that you want to be in the exam room with you. While in the exam room, you may see multiple team members, including your Physician, Dietitian, Social Worker, Respiratory Specialist and Nurse Coordinator. Research coordinators from UNC may approach you in clinic to discuss current research studies going on and ask you about your interest in being involved, as well! We have exciting research going on at the UNC CF Center and look forward to involving you, if you are interested in participating.

**MASKS:** For your protection and health, and the health of all patients at UNC, and per UNC Infection Control Policy and CF Guidelines, patients with Cystic Fibrosis will be required to wear a surgical mask when in common clinic areas during your visit. One of your Medical Support Assistants at the front desk will give you a mask upon check-in. Please wear at all times when in public areas, including the lobby and hallways. Masks may be removed while in the exam room with the door closed. Contact precautions will be observed throughout your visit. Every healthcare professional coming in contact with you will be wearing a yellow gown and gloves when they enter the exam room.

**DON'T FORGET:** On clinic day, bring a list of medications, allergies and vaccination history. Ask for an updated list at the end of your appointment if one is not offered to you. Don't forget to ask for medication refills you need during your nurse check-in or with your physician. Feel free to bring your nebulizer or vest to clinic, if you have questions for our Respiratory Clinical Specialist.

## What Should I Expect When I Am Hospitalized?

Hospitalization as an adult is different from being hospitalized as a child. Here, we would like to highlight some of those differences so that you feel comfortable and know what to expect! As an adult, we view you as an active and important member of the healthcare team. The Physicians, Nurses, Respiratory Therapists, Pharmacists, Dietitian, and Social Worker will be discussing the Plan of Care with you throughout your stay to make sure that you are an active part of the team dedicated to helping you reach your goal of feeling better! The Case Manager will also play a major role in working with you on discharge planning and will help coordinate your hospital follow up appointments.

If you are being admitted from clinic or home, we will educate you and guide you through the admission process at that time. Your Physician or Nurse Coordinator will call in the admission request. You will be admitted to the Adult Pulmonary Medicine, Hospitalist, or Infectious Disease Service, depending on who is the admitting service on the day of your admission. You should call the Admitting Office on the day of your admission to let them know you are waiting at home until a bed is available. We have included the contact number for Admitting in the packet. Admitting will call you when the bed is available and give you further directions.

As mentioned above, you will be an active and important part of the team while you are in the hospital. Your role is vital to the plan of care and improving your health. We expect and want your involvement in all aspects of care from taking your medications as prescribed, abiding by Infection Control Policy, performing airway clearance and exercise regularly, and telling us how we can best help you reach the goal of feeling better! Let's talk about these areas a little more:

**MEDICATIONS:** Please communicate with your physicians, nurses, and pharmacists about your medications, so they know what works best for you, questions that you may have, and how you are feeling throughout your visit!

**INFECTION CONTROL:** Wash your hands frequently while you are in the hospital, and ask health care providers if they have washed their hands when they enter your room. Visiting with other hospitalized CF patients and their family members are not allowed during your hospitalization.

Some hospitalized patients are placed on "Contact Precautions". You may be placed on Contact Precautions if bacteria grown in your sputum cultures show resistance to some antibiotics frequently used to treat CF lung infections. Because CF adults are likely to have had many courses of antibiotics over the years, it is common for their bacteria to have developed some resistance. Even with resistant bacteria in your sputum culture, this does not mean that antibiotics will not help you get better when you have a lung infection.

If you are placed on contact precautions:

- You will not be able to leave your room to visit the cafeteria, gift shop, lobby or nursing station. Leaving your room is allowed for physical therapy and/or exercise or medical testing, however, you must be accompanied by a UNC staff member. Before leaving your room, you are required to wash your hands, put on a yellow gown and surgical mask. You may also be able to leave your room to walk/exercise in the hallways of the nursing unit (6BT) if you are accompanied by a 6BT staff member, volunteer or family member that has demonstrated understanding and compliance with infection control protocols
- Visitors (including family members) do not need to wear gown and gloves inside your room, but they are required to wash their hands before entering and leaving your room. Family members, who are approved (demonstrating knowledge and compliance of infection control protocols), can walk with you in the hallways of the nursing unit (6BT). They must wash their hands and put on a yellow gown and gloves before walking with you.

These measures (and other important measures that help prevent the spread of bacteria) are described in a brochure entitled “Information for the Hospitalized Patient with Cystic Fibrosis”. We will be happy to review this brochure with you at your next clinic visit, or when you are admitted to the hospital.

**Airway Clearance/Exercise:** Your breathing treatments and airway clearance techniques will be coordinated by Respiratory Therapy staff. Your Respiratory Therapist will go over several options for airway clearance with you to identify the method that works best for you, and will ensure that breathing treatments are well coordinated with airway clearance, and that all respiratory equipment has been appropriately cleaned. You will also be offered exercise opportunities while you are hospitalized to assist with airway clearance!

If you have questions for the Adult CF Team during your hospitalization, please give us a call or send us an email! We are here to guide you through the process and support you and your family throughout your hospitalization.

We value you as a part of the healthcare team and look forward to working with you to give you the best care!

# **Welcome to the Adult Cystic Fibrosis team!**

# Contact Phone Numbers

## Scheduling Appointments

Pulmonary Clinic (984) 974-5703

## Nurse Coordinators

Kathy Hohneker, RN (919) 966-7049

kathy\_hohneker@med.unc.edu Fax: (919) 843-5309

Jaimee Watts, RN (919) 966-4170

Jaimee.Watts@unchealth.unc.edu Fax: (919) 843-5309

## Dietitian

Courtney Busby, RD, LDN (984) 974-3358

Courtney.Busby@unchealth.unc.edu

## Social Worker

Jennifer Pagel, LCSW (984) 974-3385

Jennifer.Pagel@unchealth.unc.edu

## Respiratory Clinical Specialist

Jenn Dane, RRT (984) 974-1336

Jennifer.Dane@unchealth.unc.edu

## Hospital Operator

(984) 974-1000

For urgent medical needs and after nursing hours (Monday-Friday 8a-5p), call this number to have your physician or the on-call Fellow paged.

## Admitting

(984) 974-2041

For scheduled admission, please call Admitting mid-morning on the day of your admission to notify them of your contact phone number for when bed is available.

## Medical Records

(919) 966-2336