

CASE 8: CYSTIC FIBROSIS



Meet Gemma

Case 8 addresses cystic fibrosis in the context of Gemma, a 22-year old female with moderate lung disease and digestive difficulties.

Gemma is a 22-year-old CF patient of your practice. She was diagnosed shortly after birth with the deltaF508 mutation, and suffers from the problems that accompany that mutation, including pulmonary and digestive difficulties.

PATIENT INFORMATION

AGE: 22 years old

WEIGHT: 47 kg

HEIGHT: 162 cm

CASE MATERIALS

Learning Outcomes

Perspective

- » Definition
- » Risk Factors for Cystic Fibrosis
- » Symptoms for Cystic Fibrosis
- » Co-morbidities of Cystic Fibrosis
- » Pathophysiology
- » Diagnosis
- » Management

Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

Resources

Story

- » CF Overview
- » Gene editing and CF
- » CFRD Whats new?
- » The importance of enzymes

Diet History

ACTIVITIES

- 8.1** Completing Nutrition Analysis
- 8.2** Evaluating Food Servings
- 8.3** Comparing to Dietary Guidelines
- 8.4** Plotting BMI Trends
- 8.5** Estimating Energy Needs
- 8.6** Assessing Knowledge, Beliefs and Attitudes
- 8.7** Summarising Nutrition Assessment
- 8.8** Creating a List of Nutrition Diagnoses
- 8.9** Developing PES Statements
- 8.10** Formulating a Nutrition Prescription & Aims
- 8.11** Creating a List of Nutrition Interventions
- 8.12** Developing a Meal Plan
- 8.13** Formulating Specific Behavioural-Change Targets
- 8.14** Completing a Chart Entry
- 8.15** Closing Video
- 8.16** Creating a Plan for Nutrition Monitoring & Evaluation