CF Education Day

# CF EDUCATION DAY – MAY 30, 2015

## BREAKOUT SESSIONS

| Topic | Leader | Description |
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| SESSION ONE | | |
| Preparing for transplant | Tim Brady, lung transplant recipient<br>Dr. Steven Scofield, Director, adult CF clinic | Considerations in reaching the decision to seek a lung transplant. |
| Exercise for People Living with CF | Stacey Lauretti, RRT NPS, Pulmonary Disease Management Program, Thompson Health | A review of the benefits of the Pulmonary Disease Management Program at Thompson Health, an exercise and education program for patients with a variety of lung diseases. |
| Dealing with CF at school | Meghan Greer, RN, school nurse at Spencerport Central School District | Partnering with your school to support your child with CF. |
| Access to care | Sierra Stites, Senior Coordinator for Community Outreach, Cystic Fibrosis Patient Assistance Resource Center | An overview of the various access programs that the CF Foundation has put in place and discuss why it is so important for all of us to work together to champion the mission of access to care. |
| SESSION TWO | | |
| Optimizing Nutrition for Individuals with CF | Lisa Fisher, MS, RDN, CDN, Pediatric Gastroenterology and Nutrition, Strong Memorial Hospital | Tips for improving nutrition for people living with CF. |
| Coping for people living with CF | Claire McLauchlin, PhD, private practice and Clinical Assistant Professor of Psychiatry at the University of Rochester | Dealing with the effort it takes to maintain the appearance of being ‘normal’ and how the layers of grief affect people differently at different times. |
| Coping for family and friends of those living with CF | Jodie Terhune, Program Facilitator, NAMI Rochester | Exploring ways to overcome the sense of loss (isolation, being different, missed opportunities) that can arise while supporting someone living with CF. |