

Cystic fibrosis action plan

Students living with CF may need special accommodations or modifications related to their symptoms, medication, treatments and proper nutrition, including the following:

- ❑ Allow student to take medications and treatments during the school day. These can be given by school staff or self-administered. Examples include using an inhaler and taking oral pancreatic enzymes prior to meals/snacks.
- ❑ A person living with CF may need meals that are very high in calories, protein and fat. Allow student additional time to eat meals.
- ❑ Permit student to eat high-calorie/high-fat snacks periodically throughout the day and provide access to unlimited water.
- ❑ Give student access to the bathroom without delay whenever he/she indicates a need. Seat the student closest to the door that leads to the bathroom.
- ❑ Coughing is common for people living with CF; it is not contagious and should not be discouraged.
- ❑ Allow the student to keep a box of tissues, alcohol-based hand gel and water at their desk.
- ❑ When the student engages in physical education and activities, allow for modifications, such as frequent breaks and access to sports drinks for hydration.
- ❑ Wipe desk and other regularly used areas with a sanitizer several times a day and allow student to use alcohol-based hand gel regularly.
- ❑ Permit student to be seated away from other ill students to avoid infection. Immediately notify parents of any contagious outbreaks like chickenpox, flu, strep throat or other illnesses.
- ❑ Student may be delayed getting to class due to daily, early morning treatment therapies, fatigue and shortness of breath. This can be stressful for the student. Be understanding and allow him/her to make up time as needed rather than reprimanding or counting the student as tardy.
- ❑ Create a clear plan for making up homework due to medical absences.