



A DAY IN THE LIFE OF.....NAOMI WARDLE

Cystic Fibrosis (CF) is the UK's most common life-threatening inherited disease. Cystic Fibrosis is caused by a single defective gene. As a result, the internal organs, especially the lungs and digestive system, become clogged with thick sticky mucus resulting in chronic infections and inflammation in the lungs and difficulty digesting food.

There is currently no cure for Cystic Fibrosis, and those with CF have to adhere to a daily treatment regime of physiotherapy to help clear mucus from the lungs, antibiotics and other medication to fight inflammation and infection in the lungs, and enzyme tablets with every meal to help with digesting food.

16 year old Naomi Wardle hopes to be a nurse like her mum! Naomi was diagnosed at 8 months and keeps herself as fit as possible by participating in all sports at school.

This is her daily regime whilst on intravenous antibiotics, which she has every three months.

- 5.00 Mum gets up to prepare intravenous (IV) antibiotics
- 5.45 **Intravenous antibiotics** started via syringe driver (30 mins) - routine three-monthly treatment for patients with chronic infection called Pseudomonas
- 6.15 **Second intravenous antibiotic** via syringe driver (30 mins)
- 6.30 **Nebulised antibiotics** – Bricanyl (10 mins) - helps the muscles in the airways to relax
- 6.40 **Nebulised hypertonic saline solution** (10 mins) – helps to clear mucus in the lungs
- 6.45 Flush line and disconnect
- 6.50 **Physiotherapy** - either percussion or with a PARI pep trainer
- 7.10 **Nebulised antibiotics** – Colomycin (10 mins) – to fight an infection called Pseudomonas in the lungs

7.20 Breakfast

Tablets - 6 x Creon - digestive enzymes
1 x Vitamin E
1 x Forceval – vitamins, protein supplement
1 x Vitamin A&D
1 x Azithromycin – antibiotic to fight bacteria
1 x Fexofenadine - antihistamine
1 x Omeprazole – acid indigestion
1 x Movicol - to help with constipation

7.35 Catch school bus

10.00 Mid-morning snack

Tablets - 2 x Creon - digestive enzymes

13.00 Lunch

Tablets - 6 x Creon - digestive enzymes

Nebulised antibiotics - Bricanyl (10 mins) - helps the muscles in the airways to relax

Physiotherapy - PARI pep trainer

13.30 Mum prepares antibiotics (or community nurse does it at school in term time)

14.00 **Intravenous antibiotics** via syringe driver (30 mins) - routine three-monthly treatment for patients with chronic infection called Pseudomonas

14.30 Flush line and disconnect

17.00 Home from school

Snack

Tablets - 2 x Creon - digestive enzymes

17.10 **Nebulised antibiotics** - Pulmozyme (10 minutes) - breaks up thick, sticky mucus that clogs airways

18.00 Dinner

Tablets - 6 x Creon - digestive enzymes

19.00 **Nebulised antibiotics** - Bricanyl (10 mins) - helps the muscles in the airways to relax

19.10 **Nebulised hypertonic saline solution** – helps to clear mucus in the lungs

19.20 **Physiotherapy** - either percussion or with a PARI pep trainer

over 35 years, although improvements in treatments mean a baby born today is expected to live even longer.

- Further information can be found on our website www.cftrust.org.uk. Help and advice for those affected by Cystic Fibrosis is available through our Helpline on 0845 859 1000. For further information, media should contact Gemma Foy on 0208 290 7912 or email gfoy@cftrust.org.uk



11 London Road, Bromley, Kent BR1 1BY

Tel: 020 8464 7211 • Fax: 020 8313 0472 • www.cftrust.org.uk

Patron: HRH Princess Alexandra, the Hon. Lady Ogilvy, KG, GCVO President: Duncan Bluck CBE

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A company limited by guarantee registered in England and Wales number 3880213

Registered office: 11 London Road, Bromley, Kent BR1 1BY