



Physiotherapy

An essential part of transitioning to adult care will be learning how to become more self-sufficient with your treatment routine including physiotherapy. Regardless of where you decide to live, it is important you are set up with the appropriate medical equipment and technology to best help you to undertake your physiotherapy independently. At-home equipment may include the following:

- Portable nebuliser
- Home spirometer
- Positive Expiratory Pressure (PEP) mask or similar
- Blood pressure monitor
- Pulse oximeter (O2 saturation)
- Exercise/gym equipment

To do:

- Check I have the equipment I need to undertake my regular physiotherapy
- Learn how to independently use my equipment (safely and effectively)
- Learn how to clean and care for my physiotherapy equipment
- Decide where I will safely store my equipment where I live
- Decide how I will prioritise my physiotherapy in my day-to-day life
- Discuss with my cystic fibrosis care team any changes I need to my current routine
- Ensure I have reliable access to the internet for Telehealth appointments, email communication and for sourcing local services online (GP, pharmacy, pathology, etc.)

Knowledge check!

I know and understand...

- My regular physiotherapy requirements and the equipment I need to complete it.
- Prioritising and completing my physiotherapy will assist me to stay well.
- How to safely and effectively use my equipment and other technology required.
- How to independently clean and store my physiotherapy equipment.
- How reliable access to the internet can help me with communication and accessing services.
- Where to go for help if I need further assistance or more information.

Helpful tip: Regularly cleaning and safely storing your equipment will help keep it in optimal working condition for as long as possible. This is important as maintaining your equipment means you can maintain your regular treatments giving you the best chance at staying well. It also means less time spent organising new or replacement equipment and could save you money on any postage fees or travel costs associated with collecting new equipment.

Other helpful technology

- Digital health apps such as Perx
- Wearables (smartwatch for reminders, activity tracker for exercise)