

Nursing Interventions focused on children with cystic fibrosis



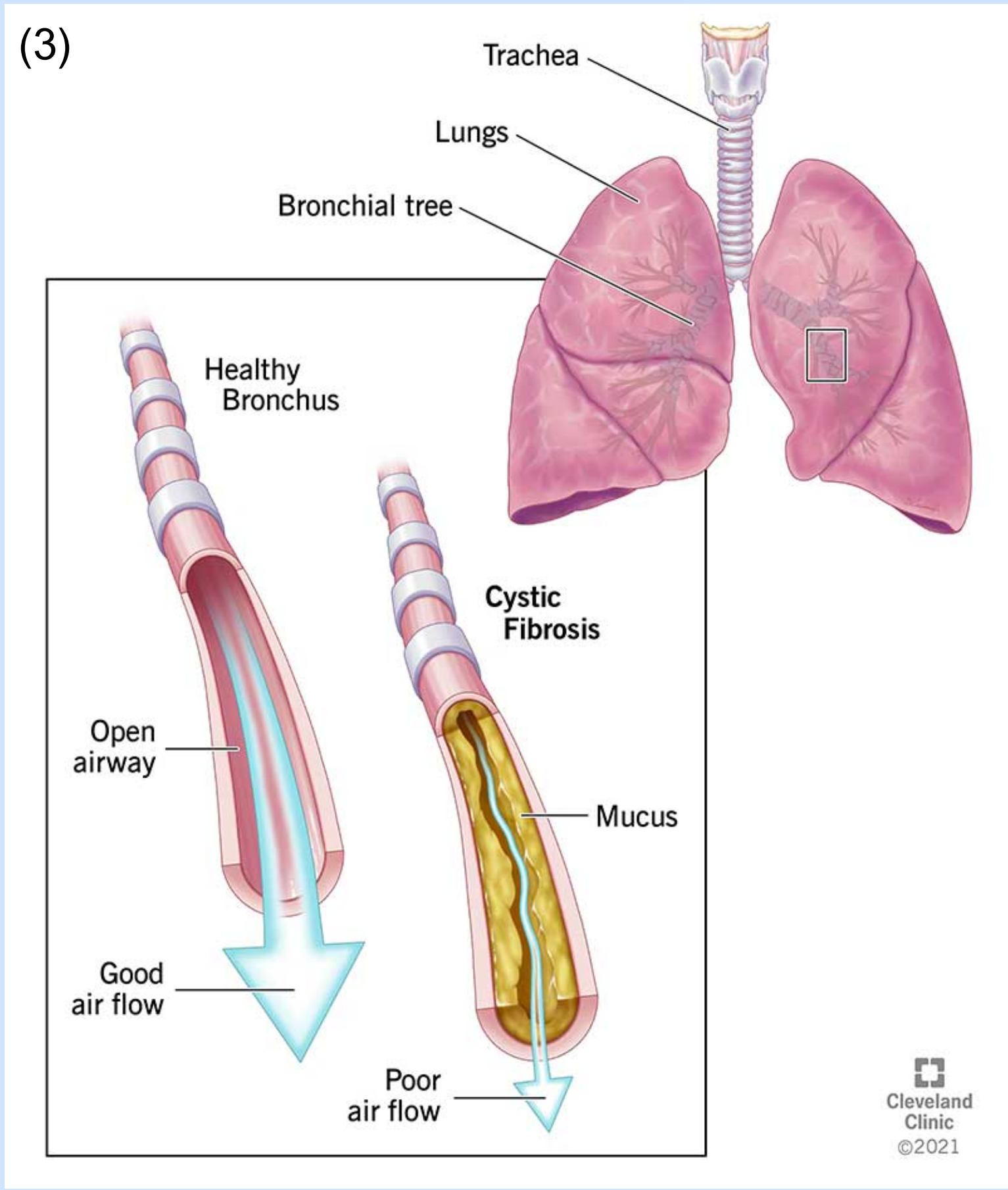
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1 Introduction

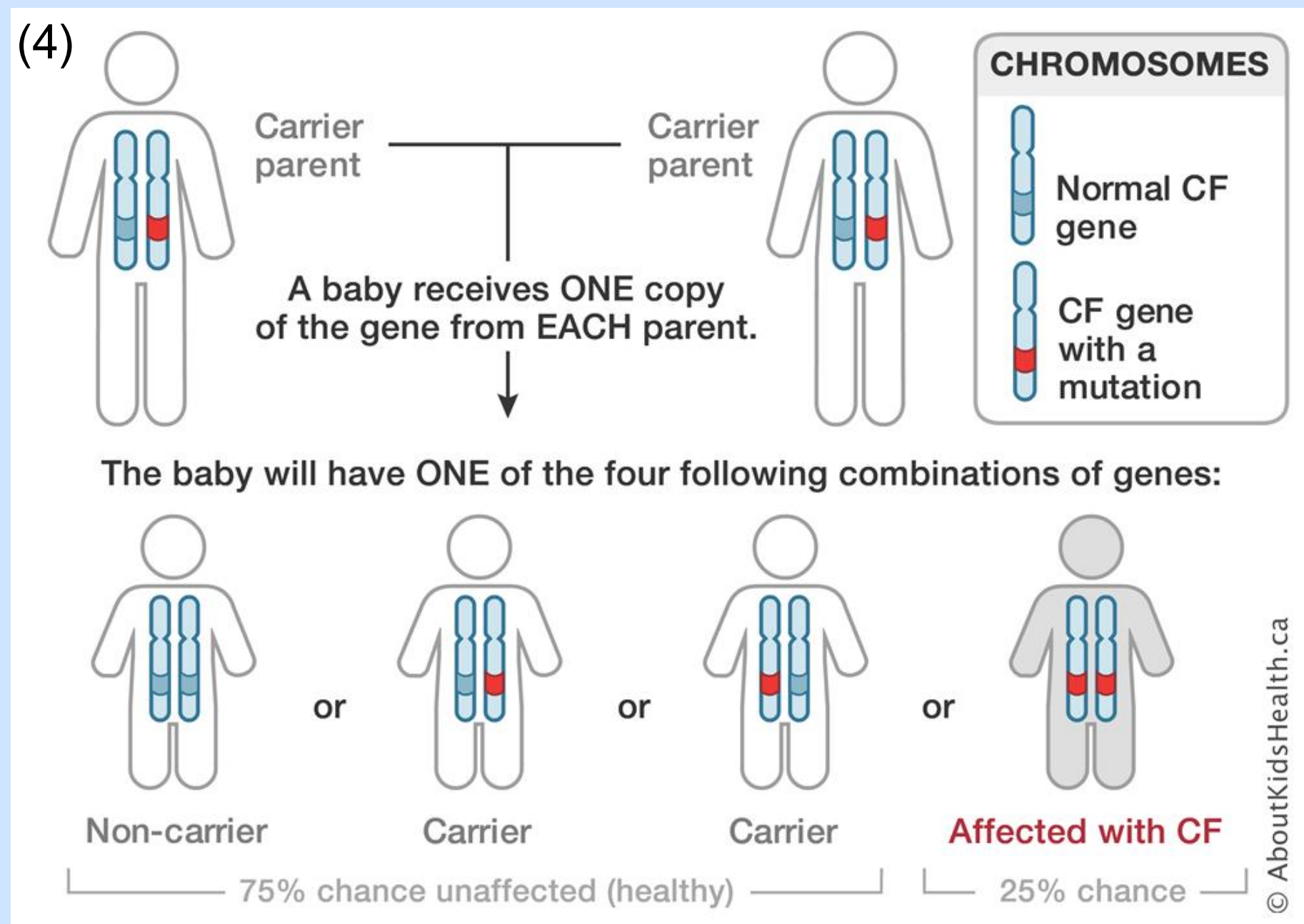
Cystic fibrosis (CF) is a life-shortening genetic recessive disease diagnosed in an increasing number of children. It is a complex chronic condition which demands high adherence to the required therapies (1).

Nurses are very close to their patients so they should be ready to detect CF in the newborn by observing the main symptoms in children who may be prone to develop this pathology and carry out the appropriate detection tests (2).

CF comes along with not only medical challenges but also induces a huge impact in the physical, emotional, psychological, and familiar spheres (1).



Nurses follow the Nursing Care Process to develop a care plan for these patients (2). This pathology requires constant and continuous care plans due to the complexity of the needed therapies and the importance of the degree of adherence to them and nurses can perform and deliver this type of care (1).



2 Objective

To identify Nursing Interventions directed towards children with CF and the problems that this population may suffer.

3 Methodology

The search strategy was conducted in 3 databases which were:



Type of research question: PIS

- Population: Children
- Intervention: Nursing Interventions
- Situation: Cystic Fibrosis

October-december 2022
Limits:

- Language: English and Spanish
- Date: 2012-2023

Keywords/ synonyms + search strategy:

Child	AND	Nursing	AND	Cystic fibrosis
OR		OR		OR
Children	AND	Nursing care	AND	CF
OR		OR		
Kids	AND	Nursing interventions		
OR		OR		
Youth	AND	Best practices		

MeSH terms: child + nursing + cystic fibrosis

n = 12
Narrative review

5 Conclusion

- Individualized care approach
- Adherence: better quality of life + longer survival rate
 - Evaluated and supported by professionals
 - Show consequences of non-adherence



Educate children, families and teachers on the pathology: collaboration in the care process while promoting a holistic approach

Early diagnosis: essential intervention



Detection tests/ being aware of signs and symptoms
Perform the diagnosis and initiate treatment as early as possible

6 Bibliography



Typical symptoms (1,2):

- Poor growth/ weight loss
- Sweaty/ salty skin
- Persistent cough > vomit
- Recurrent infections
- Diarrhea and bulky/ greasy stools
- Respiratory failure

1° Early diagnosis:

- Detect symptoms of CF
- Perform detection tests (2).

6° Therapeutic adherence:

- Decreases morbidity in patients with CF
- Example: provide written treatment plans (7).

5° Monitoring:

- Sodium levels + early supplementation: optimal health
- Stool elastase
- Assess respiratory function
- Mucolytics may be used (5)
- Rehabilitation approach: physical activity: oxygen saturation (6).

Results

4° Exploration:

- Maintain a close follow-up of the newborn's weight, height and head circumference (5).

2° Nursing diagnoses:

- Multidisciplinary approach + open communication (5).

Nursing Care Process
Example: inefficient respiratory pattern related to the inflammatory process + intervention (1).

3° Education:

- Knowledge of the disease understood by the patient and the family.

- Guarenteeing that the child understands the disease process of CF.
- Participation of the child in decision-making.
- Providing guidance to improve the management of the disease (1).