

# pulmonary fibrosis physician notepad

DATE (mm/dd/yyyy)

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A DISEASE MANAGEMENT WORKSHEET FOR DOCTORS AND PATIENTS

## today's discussion

We discussed the following today:

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## recommendations

### Things you can do:

- Quit smoking
- Achieve a healthy weight
- Use a pulse oximeter to monitor oxygen levels immediately after exertion
- Maintain oxygen levels over 90% 24 hours per day
- Attend a support group  
([pulmonaryfibrosis.org/life-with-pf/support-groups](http://pulmonaryfibrosis.org/life-with-pf/support-groups))
- GERD lifestyle changes
- Learn about PF at [pulmonaryfibrosis.org](http://pulmonaryfibrosis.org)
- Send me prior CT scans on a disk
- Send me biopsy slides from "pathology" office in your hospital

### Treatments we discussed today:

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### Things I am going to arrange:

(if you don't hear from me in  weeks, call me)

- Start pulmonary rehabilitation
- Sleep study
- Nocturnal oximetry
- Lung transplant evaluation
- Rheumatology consultation
- Cardiology consultation
- Thoracic surgery consultation
- Nutrition evaluation
- Present your case at our ILD conference

Your return visit is in  weeks / months

### These tests should be done prior to or at your next visit:

- High-resolution CT scans (inspiratory & expiratory)
- Pulmonary function tests
- Oxygen titration study
- Six-minute walk test
- Echocardiogram
- Esophagram
- Bloodwork

