

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:

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)
- GERD lifestyle changes
- Learn about PF at pulmonaryfibrosis.org
- Send me prior CT scans on a disk
- Send me biopsy slides from "pathology" office in your hospital

Treatments we discussed today:

(more space on back)

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

Additional notes:

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SUPPORT FOR YOU FROM THE PULMONARY FIBROSIS FOUNDATION

The Pulmonary Fibrosis Foundation mobilizes people and resources to provide access to high quality care and leads research for a cure so people with pulmonary fibrosis will live longer, healthier lives.

To learn more about how the PFF can help support you, contact the PFF Help Center at 844.TalkPFF (844.825.5733) or help@pulmonaryfibrosis.org, or visit the PFF online at pulmonaryfibrosis.org.

