

20/03/2020

A message from the St. Vincents Cystic Fibrosis Physiotherapy Team:

The Cystic Fibrosis physiotherapy team recognise that this is a very difficult time for people with Cystic Fibrosis and your families. Nothing is more important to our team than your health and wellbeing. We realise exercise can be a challenge at this time but do try to keep it up. Here are a few online resources for you to explore

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

(Please note this is a UK resource – so government advice is for UK, for Irish updates continue to check <https://www2.hse.ie/coronavirus/>)

Also consider using your 2 week free trial of BEAM, an online exercise community designed specifically for people with CF. See what you think of it – we'd love your feedback.

<https://www.beamfeelgood.com/home>

Please enjoy these exercises but remember to stay safe and not try something that is too advance for you.

If you do require admission over the coming weeks, **please bring any physio equipment you have at home (BIPAP, AIRVOS - including circuits, airway clearance devices, sinus rinse bottles etc) with you,** as we try to maximise the impact of supplies we have in the hospital.

Do not hesitate to contact cfphysio@svuh.ie for any advice on exercise or airway clearance. However, note this address will **not be for answering general COVID-19 queries / advice or for assessing your health.** As we deal with large workloads and the challenges ahead we know you will work with us to respect these terms of use.

We hope you stay safe and well over the coming weeks,

Kind regards,

The CF Physios