

# PULMONARY FIBROSIS PATIENT PASSPORT



## Your best care checklist

Your name

Date

Name of healthcare professional (HCP)

HCP contact info

There are many different types of pulmonary fibrosis. Most of them cause scarring or inflammation in your lungs. It's important you understand how your condition is treated, how to manage symptoms and get specialist help.

We've created this passport checklist to make sure you're getting the best care.

### **Talk to your doctor or nurse about the steps you've said no to or the steps you aren't sure about:**

STEP  
1

My diagnosis was made by a specialist MDT (multidisciplinary team).

STEP  
2

I have access to a specialist nurse for information and support. I know where to find more help and I have information about local patient support groups.

STEP  
3

My family, carers and I can access specialist services to help with and advise about controlling my symptoms and wellbeing support.

*Treating symptoms rather than the cause of a disease is often called best supportive care or palliative care. The focus is on addressing issues to improve the quality of life for you, your family and carers.*

STEP  
4

If I need it, I have medication to help with my symptoms. I know what to do if my condition gets worse or if my symptoms flare up (an exacerbation).

*At times, the best treatment may be to monitor your condition.*

STEP  
5

If I am eligible, I have been offered anti-fibrotic medication to slow down the scarring in my lungs.

STEP  
6

I know it's important for me to keep active and I've been offered a referral to pulmonary rehabilitation (PR).

STEP  
7

I have lung function tests before, or at, my clinical reviews.

STEP  
8

My oxygen levels are assessed at my clinic appointments. If appropriate, I have been referred for an oxygen assessment and given oxygen therapy.

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STEP  
9

I have discussed with my consultant if a lung transplant is suitable for me.

STEP  
10

I know to get a free flu jab each year. I am up-to-date with my coronavirus vaccines and I have had the one-off pneumonia vaccine.

STEP  
11

I have been given information about how my diet can help my condition.

FOLD .....

..... FOLD

STEP  
12

If I smoke, I am offered support and treatment to stop every time I see my doctor or nurse about my pulmonary fibrosis.

STEP  
13

I see my specialist, doctor or nurse at least twice a year to review my health, my care and my treatment. We discuss all these steps.

*You may want to ask about any clinical trials or new treatments.*

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Got more questions? Call our friendly helpline team on **0300 222 5800**.

**We're here to help.**

Visit **[AsthmaAndLung.org.uk](https://www.AsthmaAndLung.org.uk)** for advice and information about pulmonary fibrosis.

Join one of our support groups across the UK for information and support from people living with a lung condition.

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