

Objective

Help smooth the transition from pediatric care in cystic fibrosis (CF) to adult care by developing a counselling and support tool for both teens and their caregivers (often their parents).

Challenge

How can we address treatment adherence from a variety of perspectives including drug treatment, physiotherapy, exercise, diet, and lifestyle choices?

Target Group

Adolescent patients living with CF and their caregivers.

Concept

We made adherence fun and created a two-piece support tool filled with activities that reinforce good habits and good routines as it pertains to CF treatment. Each book is uniquely designed to support its user, through design, interactivity, and real talk.

Why win?

This transition is a tumultuous time for teens and their caregivers/parents. Where other tools talk AT them, this tool stands WITH them.

Results

Books are being printed and distributed to Canadian CF clinics in May 2021. Early response from both Canadian and US stakeholders (ie. clinic nurses) to beta versions of this tool has been overwhelmingly positive and enthusiastic.