Cystic Fibrosis Care, Teaching and Research Center

The UK Cystic Fibrosis Center has been serving patients for nearly 40 years. It is a leading treatment facility in the state and is accredited by the Cystic Fibrosis Foundation. This accreditation is awarded to cystic fibrosis (CF) clinics with expert health care professionals who provide superior care.

There are only two accredited CF clinics in the state of Kentucky and 110 in the United States. The physicians and staff at the UK Cystic Fibrosis Center work tirelessly to enhance clinical research and improve the lives of their patients.

Professional staff

The treatment of CF varies with each patient. To ensure that every patient receives the best treatment, the UK center's team includes the following specialists:

- Adult and pediatric pulmonologists with special training in cystic fibrosis
- Pediatric nurse coordinator
- Adult nurse coordinator
- Respiratory therapist
- Physical therapist
- Dietitian
- Licensed clinical social worker
- Doctor of pharmacy

Depending on the patient's needs, the Cystic Fibrosis Center team often collaborates with other specialists to individualize care.

Patient care

Because the involvement of family members is an important element in the best patient care and experience, the cystic fibrosis team works closely with patient families.

A family support organization, Kentucky Cystic Fibrosis Services (KCFS), meets quarterly to discuss issues with the center's programs. To ensure that the center remains in touch with patient needs and continually improves, parents and adult CF patients are encouraged to serve on the KCFS board.

The Kentucky Children's Hospital Cystic Fibrosis Clinic

The Kentucky Children's Hospital Cystic Fibrosis Clinic is directed by Jamshed F. Kanga, MD. With his dedicated staff of specialists, Dr. Kanga strives to keep children living with CF as healthy as possible. Children are seen three times a week and if problems arise are sent to Kentucky Children's Hospital for further care.

Newborn screening for CF is available at the clinic. The clinic uses the IRT/IRT-DNA method, which offers fewer false positives than the previous IRT/IRT method. If a newborn has a positive CF screen, he or she is seen in the pediatric clinic within two weeks. From infancy through teenage years, it is especially important for children with CF to eat a high-calorie diet to aid growth. The pediatric clinic staff tailors each child's diet and treatment program to his or her particular needs.

At 18 years of age clinic patients are transitioned from the pediatric clinic to an adult clinic. Having two distinct yet integrated CF clinics within the UK Cystic Fibrosis Center enhances communication between specialists and results in the best patient care.

The UK Cystic Fibrosis Clinic

The UK Cystic Fibrosis Clinic is directed by Michael I. Anstead, MD. Working with his staff of specialists, Dr. Anstead provides outstanding care to adult CF patients. Patients are seen one half-day a week and are admitted to UK Albert B. Chandler Hospital if additional care is needed.

More than 50 percent of CF clinic patients are over the age of 18. In most CF clinics around the nation, 60 percent of patients are under the age of 18 years old. The adult CF
The UK Cystic Fibrosis Center strives to ensure Kentucky families, caregivers and patients with CF are well-informed. Family Education Day is an annual event with presentations on clinical research and a moving speech by an adult CF patient. Families, patients over the age of 12, friends, caregivers and health care professionals are all invited to this free event. CF Jeopardy! is a fun way to learn about the disease, and it continues to be a main attraction of the event. For information about Family Education Day, contact the Cystic Fibrosis Center at 859-257-5536.

Robert Kuhn, PharmD, UK professor of pharmacy practice and science and associate director of pharmacy services for Kentucky Children’s Hospital, is a nationally acclaimed speaker who gives speeches about CF all over the country. Along with Dr. Anstead, he has co-chaired a short course on antimicrobial therapy at the annual North American Cystic Fibrosis Conference.

**Clinical cystic fibrosis care**

Enrique Diaz, MD, UK adult pulmonology faculty member and UK Lung Transplant Program director, is involved with adult CF patients with end-stage disease before they are ever listed for transplantation. CF patients who receive lung transplants are closely monitored in the CF and transplant clinics.

All patients are seen at the Cystic Fibrosis Center for routine care and hospitalizations. Two regional clinics capable of caring for CF patients are located across the state for those who become suddenly ill and cannot travel to the UK Cystic Fibrosis Center. The regional pulmonary and sleep clinic at St. Claire Regional Medical Center in Morehead and the pulmonary clinic at Rockcastle Regional Hospital in Mount Vernon provide convenient regional care.

**Research**

A Cystic Fibrosis Foundation Therapeutics Research Facilitation Award has funded numerous clinical trials at the UK Cystic Fibrosis Center. Those trials include a CF patient registry, EPIC observational studies, denufosol inhalation solutions in patients with early stages of CF, randomized placebo-controlled effects of azithromycin in pediatric patients, modulatory effects of azithromycin on pulmonary immunity, and linezolid use in patients with CF and methicillin-resistant staphylococcus aureus (MRSA).

These research studies have helped to create better treatment options for patients living with CF.

**Facilities**

The Kentucky Children’s Hospital Cystic Fibrosis Clinic
Kentucky Clinic
2nd floor, Wing D (blue wing)
740 S. Limestone
Lexington KY 40536

The UK Cystic Fibrosis Clinic
Kentucky Clinic
Bluegrass Care Clinic, 5th floor
740 S. Limestone
Lexington KY 40536