

Guidelines developed for preschoolers with cystic fibrosis

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(HealthDay)—Guidelines have been developed for the care of 2- to

5-year-old children with cystic fibrosis (CF). The clinical practice guidelines were published online March 23 in *Pediatrics*.

Thomas Lahiri, M.D., from the University of Vermont Children's Hospital in Burlington, and colleagues offer comprehensive evidence-based and consensus recommendations for the care of preschool children (ages 2 to 5 years) with CF. Sixteen CF pediatric experts and parents were convened to develop clinical care guidelines.

The recommendations relate to routine surveillance for [pulmonary disease](#), therapeutics, and nutritional and gastrointestinal care. Children with CF should receive routine well-child care from primary care providers. Collaboration between family, primary care providers, and a CF Foundation accredited care center is essential. Spirometry should be attempted as early as age 3, and should be used for identifying pulmonary exacerbation and monitoring response to therapy. Oral, inhaled, and/or intravenous antibiotics should be used to treat pulmonary exacerbations, with daily airway clearance recommended for improving lung function and reducing exacerbations. Weight-for-age of preschoolers should be maintained at ≥ 10 th percentile.

"The care of the preschool-aged child with CF includes complex, time-consuming treatment regimens and overcoming behavioral challenges common in this age group to maintain lung health and optimize growth," the authors write. "We hope that these guidelines will help CF care teams and families make informed decisions regarding care of the 2- to 5-year-old [children](#) with CF."

Several authors disclosed financial ties to the pharmaceutical industry.

More information: [Full Text \(subscription or payment may be required\)](#)

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