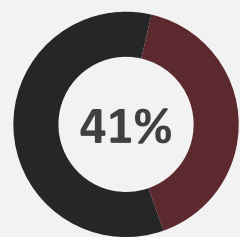


Think Clinic Think Hub

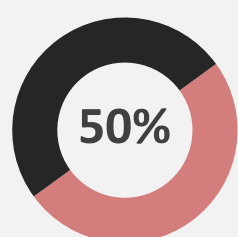


1 in 3 Haven't plugged in their hub

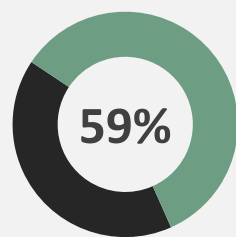
Within the last 2 months



41% of service users from Hull & York CF teams currently do not have their hub plugged in.



50% of service users currently are not aware of the benefits of plugging in their hub for research.



59% of service users from Hull & York CF teams have had their hub plugged in within the last month.

Plugging in your Hub

Whether or not you are currently nebulising.



When should I plug in my hub?

For those nebulising frequently:

- ❖ Ideally have your hub plugged in all the time.
- ❖ This allows you to follow your data and if you decide to share it with the CF team, we can make clinically based decisions about your care together.
- ❖ However, we understand this is not always possible and suggest aiming to plug your hub in at least monthly, try to keep a routine (e.g., First Monday of every month).

For those who do not currently nebulise:

- ❖ It is still really important to plug in your hub even if you don't nebulise.
- ❖ We recommend plugging your hub in two days before you attend your clinic appointment making sure to keep it plugged in for at least 24 hours to allow for data transfer.
- ❖ Seeing that people with CF do not nebulise is not a bad thing, it allows researchers to have accurate and realistic data.



Importance of plugging in your hub even if you are not currently nebulising...

- ❖ Plugging in your hub has more benefits than you might think. It provides vital data for research. For example, it allows healthcare professionals to understand the effects of different treatments.
- ❖ It is important to plug your hub in no matter how frequently you nebulise or even if you do not.
- ❖ If you share your data, your choice about stopping or continuing nebulised treatment can help us to understand what happens so that people like you have more information to help them decide about taking treatments in the future.



What if I am having problems plugging in my hub?

- ❖ Follow the instructions provided by the team or videos on CFHealthHub for further guidance.
- ❖ If you are still experiencing issues, contact the CF team and they will be more than happy to assist you.
- ❖ If it has been a while since your hub has been plugged in, you may have to manually transfer the data if you have nebulised during that time.



What if I have a ineb?

- ❖ The connecting process is slightly different with an ineb.
- ❖ Before every clinic appointment, remember to bring your ineb and if you have one, your cradle and staff will download your data to CFHealthHub.
- ❖ Find a way to help you remember, maybe a reminder in your phone or write on your calendar?

Sources of Information

* Nice.org.uk. 2021. *CFHealthHub for managing cystic fibrosis during the COVID-19 pandemic*. ISBN: 978-1-4731-3809-4. [online] Available at: <https://www.nice.org.uk/advice/mib219/resources/cfhealthhub-for-managing-cystic-fibrosis>

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C., Cantrill, H. and O'Cathain, A., 2021. Development of an intervention to increase adherence to nebuliser treatment in adults with cystic fibrosis: CFHealthHub. *Pilot and feasibility studies*, 7(1), pp.1-18.

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