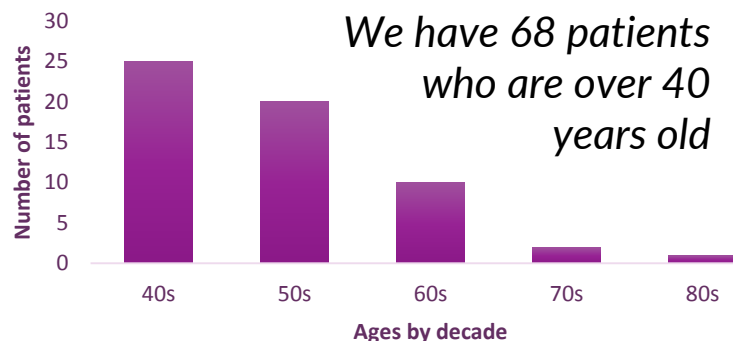


Adult CF Newsletter Volume 3, Summer Edition



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Cleaning & Disinfecting Nebulizers

We recommend cleaning and disinfecting your nebulizers every day to prevent contamination with germs which may lead to a lung infection, and reduce continued exposure to germs you're already fighting.

Air tubing and electronic parts cannot be submerged in liquid. These parts can be cleaned with alcohol wipes.

Steps for cleaning & sanitizing your jet nebulizer:

1. **Disassemble and clean the nebulizer with warm soapy water**
2. **Rinse off all soap**
3. **Disinfect**
 - **"Hot" methods:**
 1. Place the parts in a microwavable bowl, cover with water and microwave for 5 minutes; or place the parts in a pan, cover with water, bring to a boil and continue to heat for 5 minutes.
 2. Use a steam sterilizer (i.e. a baby bottle cleaner)
 3. A dishwasher may be used to disinfect (top rack only), though it must reach 158F for at least 30 minutes (if you're unsure, use a different method)
 - **"Cold" method (do NOT dilute):**
 1. Soak all parts in 70-90% isopropyl alcohol for 5 minutes or 3% hydrogen peroxide for 30 minutes
 2. Rinse in clean water
4. **Allow to air dry on a clean towel**

For care for an electronic vibrating mesh nebulizer (such as the Altera® used for Cayston®, or other eFlow® devices), the same methods should be used, but note the following:

- Be careful not to touch the aerosol head. The oil from your fingers may clog the holes.
- Be sure to use clear/translucent dish soap (do NOT use opaque products such as hand soap)
- Do NOT use a brush or other object, particularly on the aerosol head. Even fibers from a paper towel may damage it!
- Do not use the microwave method.

Our RT can help answer any questions about nebulizer care!

Spotlight



OUR NEW CYSTIC FIBROSIS DOCTOR

Aaron Trimble, MD

Dr. Trimble grew up near Anchorage, Alaska, then headed across the country to attend college in Virginia. After finishing medical school and residency at the University of Virginia, he moved to Chapel Hill, North Carolina for fellowship, with a particular interest in cystic fibrosis. Afterward, he spent an additional year at UNC dedicated to CF clinical research and care.

Dr. Trimble's desire was to move back to the Pacific Northwest which brought him to our CF center at OHSU. He enjoys cycling, cooking, and spending time with his wife and three young boys.

Please remember to always check your MyChart for your connection to the CF center. If you haven't signed up, please do!

This newsletter has been written by your CF quality improvement committee, making positive changes in the CF center for your medical care.