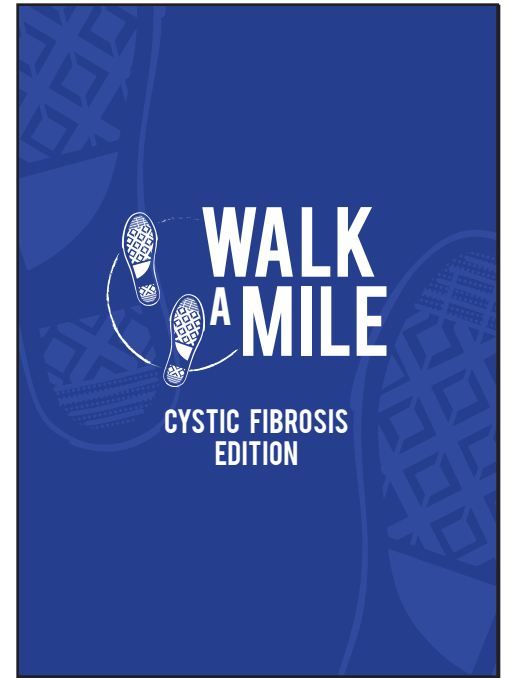
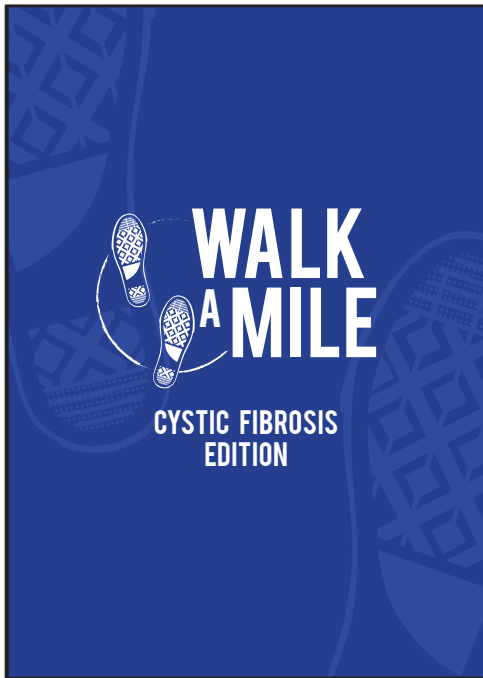
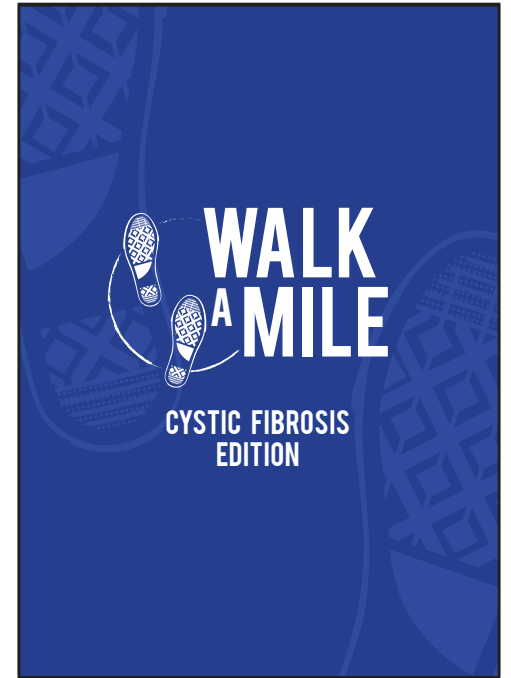
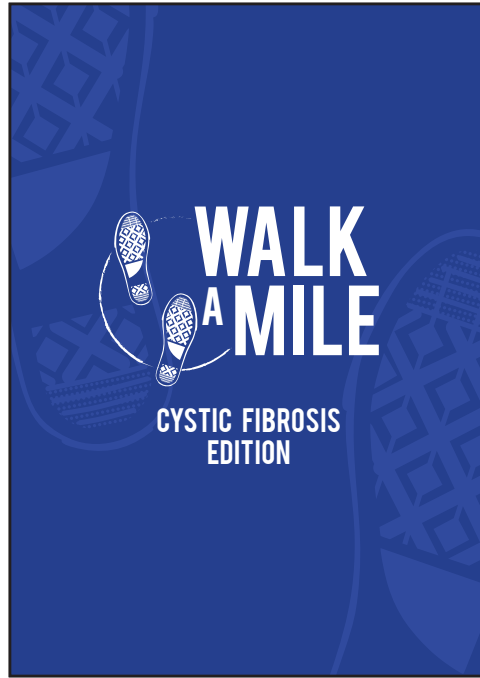
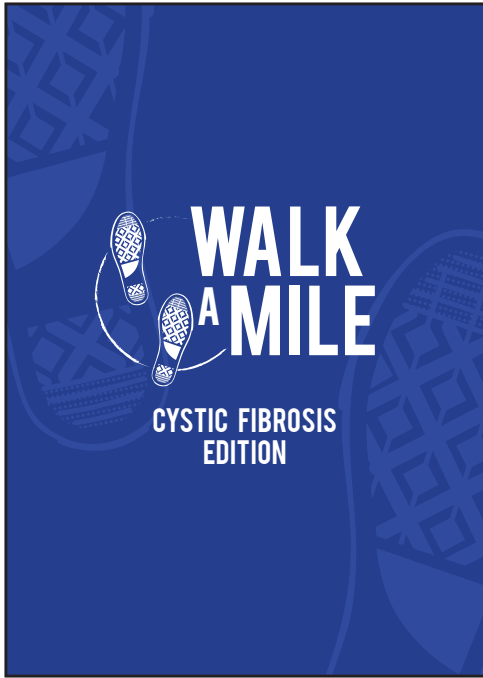


PRINT 9 COPIES OF THIS PAGE FIRST; THESE WILL BE THE BACKS OF THE CARDS



Empathy happens when we allow ourselves to experience what others experience. Each card in this deck was created by a person living with cystic fibrosis to help you connect with his or her experience.

INSTRUCTIONS:

- Pick a card at random from the deck.
- Complete the activity or imagined scenario described, paying attention to your thoughts and emotions.
- Respond to the **prompt questions in blue** through journaling or group discussion.

You get a job offer for a position that you aren't particularly interested in but as a benefit the insurance is free and needed: your child was diagnosed with CF a few months ago.

What do you do?

How do you feel about this decision?

You and your husband have both come from a large family and have always dreamed of having many kids. Your second child has CF and you are afraid to have another kid for fear of he or she having CF.

What do you do?

How do you feel?

You promised a trip visiting family over spring break, your CF kid has a PICC catheter that is regularly maintained by you and home health care.

Can you make the trip out of town and manage the PICC?

Can you tell your other child you can't make the trip?

As a treat, you take your young kids to get ice cream. Your CF kid wants two scoops of ice cream and you approve, then your non-CF kids want two scoops of ice cream and you tell them no.

How do you ensure that you treat all kids fairly?

How does this feel?

Look at the meeting agenda for the day. You need to fit in 2 treatments at 30 minutes each between 9am and 5pm.

Where will you do your treatments? What parts of the meeting will you miss?

How does this feel?

Your CF toddler is a picky eater but you need to get the calories need in him to get his BMI up.

What do you do? How do you fight to get the calories in on a daily basis?

How does this feel?

Today you did a culture to test whether you have drug resistant bacteria growing or not. You are told to go home and wait for five days until they call you with the results, but to "live normally" and "don't worry!"

How do you react?

How does this feel?

Your team just won the baseball season and everyone is going out for ice cream. You forgot to pack enzymes.

Do you tell your 5yo that they can't have any, or do you let the team go without you?

How does this feel?

Your doctor says it's time for a tune-up. Your new boss doesn't know you have CF. You have a choice to work from home for 3 weeks, take unpaid time off, or infuse in the car before work and in a bathroom stall during work, and wear long sleeves during summer.

What do you choose? How do you explain it?

How does this feel?

Your 15 year old son received the diagnosis of cirrhosis; the doc explains to him that his sports career may be cut short. His dream is to play college sports and pursue a career in sports marketing.

How do you react knowing that his dreams are crushed by CF?

How does this feel?

Every morning, all of the other 4th graders are talking about their early-bird floor hockey game. You really want to play, but your parents say it's impossible to get your treatments done and out the door in time.

How does this feel?

You are two hours into a road trip and realize you forgot your pills.

Do you turn around to get them?

Do you try to order more from a pharmacy near your destination and risk missing the ordering window or being out of stock?

What do you choose?

How does this feel?

You are going camping, and need ice to keep your meds cold and a battery-operated nebulizer.

Go drive to restock ice, and then drive around for 15 min to recharge the nebulizer with your car battery.

How did this feel?

You've met someone you really like.

When and how do you tell them about CF?

How do you portray the realities appropriately without scaring them off?

It is three weeks before your school's Freshman dance, and you are in the hospital.

Everybody else is getting their dates set, and you are out of sight and out of mind.

How do you get a date?

How does this feel?

You need to do your breathing treatments.

Look at your agenda for the day. Choose two slots of 30 minutes each to disappear for treatments.

*What parts of the meeting will you miss?
Where will you do your treatments?*

How does this feel?

A friend tells you that another friend's child was diagnosed with a non-life-threatening illness. She says, "Can you imagine how horrible that must be?"

You have told her many times that your own child has CF.

How does this feel?

What do you say to her?

You and your three kids are boarding an airplane. Overhead bins are full, and your child's CF equipment can't be checked. The flight attendant says to you, "Maybe next time, bring less baggage."

How does this feel?

What do you say to him?

You get a note in the mail that says another child in kindergarten also has CF, but promises to "keep them separated."

You know that any shared exposure could be deadly.

How does this feel?

Do you take any additional measures?

Your teenager feels very isolated, and desperately wants to meet up with an online friend with CF.

CF foundation guidelines recommend they stay at least 6 feet apart.

What do you do?

How does this feel?

The high school that your teenager attends has an athletic trainer that also has CF.

This has never been an issue, but your teenager sprained an ankle at practice and needs the trainer's medical attention.

What do you do?

How does this feel?

Your child just got diagnosed with CF. You "Google" the disease, and read in the first sentence that CF is "life-shortening."

How do you feel?

How do you react?

As a research clinician, you have two back-to-back appointments with young people with CF, and a 15-minute drive between clinics.

How do you decide which appointment to cut short?

How does this choice feel?

You are a clinician who just diagnosed a child with CF. Mom is incredulous, as she was told by her OB that she screened negative for a CF gene, so "there is no way my baby has CF."

How do you help them accept reality?

How do you make sure they receive appropriate treatment?

A new patient lives far from your CF center and has traveling constraints, so you reluctantly agree they can weight-check with their pediatrician. Appointments are missed, communication breaks down, and the baby's weight gain continues to be poor.

How do you ensure this family receives appropriate care?

How does this feel?

Your patient's PFT tests show 20% decline in lung function, he has lost 10 lbs. and has had a cough for three weeks.

He needs IV antibiotics, but his mom says they are going on family vacation and there "no way is he is coming into that hospital."

How does this feel?

What do you do?

You want to try a different antibiotic with MRSA patient. Now, she is sicker than ever but you have to complete the prior authorization and discuss with a physician at the insurance company who has no training in CF to get the meds.

How does this feel?

As an adult CF patient, you are at your son's little league game when someone next to you on the bleachers lights up a cigarette.

If you decide to get up, your seat will get taken by another spectator.

What do you do?

How does this feel?

You missed your CF fundraising goal this year by 35% despite all of your hard work and hours spent planning.

What is going through your mind when you see the disparity?

How does this feel?

Your clinic is filled with frustrated waiting patients.

The current patient is considering a lung transplant and wants to talk through the options; a conversation that will take at least 25 minutes.

What do you do?

How do you feel?

You hear of another CF patient with your child's mutations who is benefiting from a drug that costs \$35,000/month.

You get denied by insurance access. The drug might work but you can't afford to try it.

What do you do?

How do you feel?

You raise funds each year through Great Strides, Galas, wine tastings, garage sales, Pennies for Patients, etc. Family members that have means to help do not donate.

Do you talk to them about it? How?

What does this feel like?

At diagnosis, the doctor explains that the patch on your son's lung is of the normal range and he has CF.

"But not to worry," she reassures you, "because we are now doing lung transplants all the time."

How do you process all of this information at this terrifying moment?

Kids at school are poking fun at the extra food from your son's lunch tray, and telling him that the only reason he is athletic is because of his steroids.

How do you handle this without embarrassing your son?

Your parents are tearfully confessing you they feel deeply guilty about giving you CF.

Turn to a partner and verbalize your response as if you were talking to them.

What do you tell them?

How does it feel?

You have committed to getting 7 nebulizers done per day. You now have to figure out how you're going to do it outside the home and making sure you wash and dry all the parts in between.

*What is your solution?
How does this feel?*

You get an invitation for your friend's son's 1st birthday party, but you can't risk getting sick. Your friend is upset. Turn to a partner and try to explain why you declined.

*What did you have to say?
How does this feel?*

Your city is in a snow emergency. Quickly take inventory of your essential medications to determine how long you can go without a trip to the pharmacy.

How does this feel?

You're driving home with your CF twins, you see a mom and her child down the street eating an ice cream at the park. You realize that you'll never be able to do this spontaneously.

*What does this change for you?
How does this feel?*

An older woman at the playground sees you spoon-feeding your baby her medicine, and comments that snidely that it's too early for "food," and that healthy babies are raised on milk.

*How do you respond?
How does this feel?*

It's lunchtime and you're starving. You've piled your plate high with lasagna, garlic bread and a delicious side salad. You sit down to eat and you realize you've forgotten your enzymes.

*Do you not eat or risk the consequences?
How does it feel to have to make that choice?*

You're heading out the door on a night out with your friends for a birthday.

As you are putting on your coat, you start coughing up blood.

What do you do?

How does this feel?

You usually take the elevator to your fourth floor office.

Co-workers chide you for taking 'the lazy route.'

Do you feel like you are taking the lazy route? What do you say to your colleagues?

How does this feel?

You have CF-related diabetes. A friend asks you if 'you should really be eating that chocolate.'

How do you respond?

How does it make you feel to have to justify your actions?

You have met and grown close with other adults with CF online.

Two of your friends die in a one-month span.

How do you cope? Do you continue to get to know new people?

How does it feel knowing you have the same disease?

You decline a 401K at work because realistically your future isn't a good investment.

How do you feel?

How do you explain it?

A close friend offers you a dream job offer with a high salary, but it will kick you off your supplementary insurance, and your copays will skyrocket.

What do you do? How do you explain it?

How does this feel?

FLIP & RE-INSERT THE "BACK" PAGES IN YOUR PRINTER, AND PRINT THESE "FRONT" PAGES 2-10 ON THEM

Create your own!

Create your own!

Create your own!

Create your own!

Create your own!

Create your own!