

**NUTRITIONAL STATUS ASSESSMENT OF PEDIATRIC CYSTIC
FIBROSIS PATIENTS AND EFFECT OF NUTRITION EDUCATION ON
NUTRITIONAL STATUS**

STUDY PROTOCOL DATE: 03.09.2021

Follow-up	EDUCATION GROUP	CONTROL GROUP
Meet	<ul style="list-style-type: none"> • Introduction, explanation of the purpose of the research, giving information about the practices and obtaining informed consent • Application of questionnaires and scales • Education for the family: How to keep a correct and proper record of food consumption? (Using Food & Food Photo Catalog) 	<ul style="list-style-type: none"> • Introduction, explanation of the purpose of the research, giving information about the practices and obtaining informed consent • Application of questionnaires and scales • Education for the family: How to keep a correct and proper record of food consumption? (Using Food & Food Photo Catalog)
1st Week	<p>Cystic Fibrosis Nutrition Education-I: <i>The Importance of Healthy Nutrition, Carbohydrate, Fat, Protein, Vitamin-Minerals, Water.</i></p> <ul style="list-style-type: none"> • Definition of healthy eating, • The importance of adequate energy and macro-micronutrient intake for CF patients, • Foods containing macro and micronutrients such as carbohydrate-fat-protein-vitamin-mineral 	
2nd Week	<p>Cystic Fibrosis Nutrition Education-II: <i>Food Groups, Common Nutritional Problems by Age Groups and Solution Suggestions.</i></p> <ul style="list-style-type: none"> • The four basic food groups and the nutrients they contain • Changelists in TÜBER • Common nutritional problems according to age groups and solution suggestions 	
3rd Week	<p>Cystic Fibrosis Nutrition Education-III: <i>General Review and Frequently Asked Questions and Answers</i></p> <ul style="list-style-type: none"> • Summary information about the first two trainings, • Recommendations on how children diagnosed with CF can increase their energy and fat intake • Things to consider about PERT treatment • Frequently asked questions and answers • Document sharing 	
1st month and 3rd month	<ul style="list-style-type: none"> • Application of questionnaires and scales • Collection of food records 	<ul style="list-style-type: none"> • Application of questionnaires and scales • Collection of food records