



## PHYSICIAN MEDICAL RELEASE FORM: NATIONAL CF EDUCATION CONFERENCE AND/OR CF SUMMER RETREAT

**Medical Guidelines and Disclaimers for People with Cystic Fibrosis (CF):** In order to ensure your health and safety during CFRI's National Cystic Fibrosis Education Conference ("Conference") and/or CF Summer Retreat ("Retreat"), the following medical requirements and guidelines must be observed.

- ◆ **Individuals with CF must have a signed physician medical release in order to attend.**
- ◆ Due to cross-infection risks to others with CF, individuals with the following may NOT attend the Conference or Retreat:
  - Those who have EVER cultured organisms belonging to *Burkholderia cepacia* complex;
  - Those who have cultured Methicillin-Resistant *Staphylococcus aureus* (MRSA) within the past 12 months;
  - Those who have cultured *Nontuberculous mycobacteria* (NTM) within the past 12 months;
  - Those who currently culture positive for any pandrug resistant (PDR) bacteria (bacterial isolates non-susceptible to all agents in all antimicrobial categories) or extensively drug resistant (XDR) bacteria that remain susceptible to only one category of antimicrobials (does not apply to XDR isolates remaining susceptible to two or more categories of antimicrobials).

CFRI is very strict about this policy because bacteria can be transmitted through casual contact or close proximity to infected individuals, and may cause serious respiratory illness, rapid lung function decline, possibly leading to death. We maintain strict on-site hygiene guidelines. While this reduces the risk of cross-infection, there is still a possibility that a person may attend with one or more of these pathogens, and thus there remains risk of cross-infection.

- ◆ **TO ATTEND THE CONFERENCE, YOU MUST HAVE COMPLETED A SPUTUM/SINUS/THROAT CULTURE BETWEEN JUNE 12, 2023 AND JULY 15, 2023 so as to have a final report by July 25, 2023.**
- ◆ **TO ATTEND THE RETREAT, YOU MUST HAVE COMPLETED A SPUTUM/SINUS/THROAT CULTURE BETWEEN JULY 3, 2023 AND AUGUST 5, 2023 so as to have a final report by August 15, 2023.**
- ◆ All cultures must be taken at a CFF-Accredited CF treatment center laboratory. If you are hospitalized after submitting your culture, you must arrange for another culture report to be done at discharge or shortly thereafter.
- ◆ If you have had a **lung transplant**, this Medical Release Form must be submitted to CFRI based on your most recent bronchoscopy, sputum culture, sinus swab or throat swab.
- ◆ If you have an active cough or sinus infection, talk to your physician about your risk of infection to others with CF and organ transplants AND submit a new sputum/sinus/throat culture.
- ◆ **CFRI cannot guarantee a Conference or Retreat free of risk for cross-infection for viruses or pathogens.** We urge you to discuss cross-infection with your physician and decide for yourself if you should attend CFRI's Conference or Retreat.

Attendee First and Last Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Physician Name: \_\_\_\_\_ CF Clinic: \_\_\_\_\_

Physician Address: \_\_\_\_\_

City, State, ZIP Code: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_\_) \_\_\_\_\_

**PHYSICIAN: PLEASE READ AND SIGN**

My patient has had a sputum/sinus/throat culture done on (date) \_\_\_\_\_ including *Burkholderia cepacia* specific media. I have reviewed this culture result and declare that my patient \_\_\_\_\_

- has never cultured organisms belonging to *Burkholderia cepacia* complex;
- has not cultured Methicillin-Resistant *Staphylococcus aureus* (MRSA) within the past 12 months;
- has not cultured *Nontuberculous mycobacteria* (NTM) within the past 12 months;
- and does not currently culture positive for any pandrug resistant (PDR) bacteria (bacterial isolates non-susceptible to all agents in all antimicrobial categories) or extensively drug resistant (XDR) bacteria that remain susceptible to only one category of antimicrobials (does not apply to XDR isolates remaining susceptible to two or more categories of antimicrobials).

I have cautioned my patient regarding the risks and dangers associated with transmission of viruses and bacteria (and in particular *Burkholderia cepacia*) when associating with other people with cystic fibrosis. I understand that all conference/retreat attendees must attest that they have received all COVID-19 vaccines for which they are eligible, and that the wearing of masks at the conference/retreat will be strongly encouraged, but not mandatory.

☐ I recommend the following physical restrictions on this patient: \_\_\_\_\_

☐ No physical restrictions.

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
MD License #

\_\_\_\_\_  
Date

**CFRI must receive a complete and signed Medical Release for ALL participants with CF by email, fax or USPS no later than July 25, 2023 (to attend the Conference) and/or August 15, 2023 (to attend the Retreat).**

**Please send completed Medical Release form to:**

Cystic Fibrosis Research Institute (CFRI)  
1731 Embarcadero Rd, Suite 210  
Palo Alto, CA 94303

OR

Email: [cfri@cfri.org](mailto:cfri@cfri.org)

OR

Fax: 650-561-4074