



Self-care strategies for managing cystic fibrosis: Innovative approaches for children's health: a review article

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Abstract

Introduction: Cystic fibrosis (CF) is a chronic condition requiring ongoing medical care and self-management. This article examines innovative self-care strategies for children with CF.

Methods: This review involved searching databases like PubMed, Scopus, and Google Scholar for articles from 2010 to 2023 using keywords such as "self-care," "cystic fibrosis," and "children." Articles were analyzed based on inclusion and exclusion criteria.

Results: The results indicated that self-care strategies can benefit children with CF, including: 1. Utilizing mobile apps for tracking treatment, along with webinars and online platforms for parent and patient education; 2. Conducting group workshops to teach self-care and stress management techniques; 3. Creating personalized treatment management programs tailored to each child's needs; 4. Implementing modern breathing methods and physiotherapy sessions to enhance lung function; 5. Offering psychological counseling and support programs to alleviate stress and anxiety related to the illness; 6. Encouraging family involvement in self-care initiatives; 7. Utilizing virtual reality (VR) for engaging patient education on their conditions and treatments; 8. Introducing exercise programs to promote healthier behaviors, improve treatment adherence, enhance quality of life, and foster a sense of control over the disease.

Conclusion: Self-care is crucial in managing cystic fibrosis in children. Innovative strategies can enhance awareness and empower patients and families, leading to better clinical outcomes. Tailoring self-care programs to meet the specific needs of children and families is essential for effective CF management.

Keywords: self-care, cystic fibrosis, children

Introduction

The paper must not exceed 12 pages. Please use the following guidelines in preparing your full papers. If papers are not prepared according to the following guidelines they will be withdrawn from the conference program.

Elements of a Paper

The basic elements of a paper are listed below in the order in which they should appear:

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- Main body of paper, including figures and tables, page numbers and footer, headings, enumerations, etc.
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- Appendices

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All papers must be written in either English or Persian (Farsi). Paper will be presented in the language that it is written.

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Each A4 page is prepared in one column. The Abstract starts 90mm from the top of the page on the first page.

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Use single spacing with no space between the section headings and the paragraph following it. Put one space between the texts of main sections.

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Equations

Equations start from the far left of the column and numbered consecutively. The equation numbers must be bracketed and placed opposite to the equation on the far right of the line in that column.

$$\sigma_r = \frac{E}{1-\nu^2}(\epsilon_r + \nu\epsilon_\theta - (1-\nu)\alpha\Delta T) \quad (1)$$

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Tables must be numbered and the title of the table must be placed on the top of the table with the footnotes on the bottom. Tables must appear where (or as close as to) they are first mentioned in the text. They must be referred in the text as "Table 1".

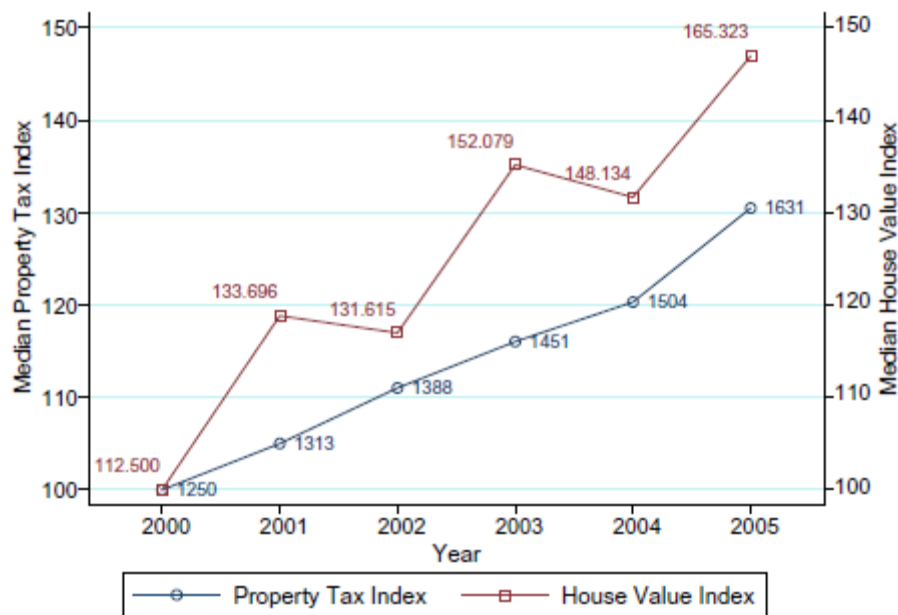
Figures must be numbered and the caption of the figure must come at the bottom of the figure. All the legends and the numerical values on the axes of the curves must be clear and readable. Figures must appear where (or as close as to) they are first mentioned in the text. They must be referred in the text as "Figure 1".

Photographs must original and follow 2 above for numbering and captions.

Leave one space between the Table/Figure and the text following it.

Table 1-major cities on the 21 routes to london

Route number	City 1	City 2	City 3	City 4	City 5	City 6
1	Halifax	Sheffield	Nottingham	Bedford		
2	Plymouth	Exeter	Salisbury			
3	Tiverton	Taunton	Frome			
4	Bristol	Bath	Reading			
5	Southampton	Winchester				
6	Portsmouth	Chichester				
7	Canterbury	Rochester				
8	Yarmouth	Ipswich	Colchester			
9	Norwich	Bury				
10	King's Lynn	Ely	Cambridge			
11	Berwick	Newcastle	South Shields	Sunderland	Durham	
12	Bradford	Leeds				
13	Whitby	Scarborough	York			
14	Manchester	Derby	Northampton	Leicester		
15	Hereford	Gloucester	Cirencester			
16	Beverley	Hull	Lincoln	Boston		
17	Whitehaven	Liverpool	Macclesfield	Lancaster	Carlisle	Kendal
18	Shrewsbury	Birmingham	Wolverhampton	Coventry	Dudley	
19	Worcester	Oxford				
20	Kidderminster	Warwick	Banbury			
21	Chester	Lichfield	Coventry			


Figure (1) median property taxes and house value in the united states, 2000-2005

Results Discussion

All the obtained results should be carefully investigated and compared with the other works. Two page summary papers must include results and discussion sections.

Conclusions

Main conclusions of the paper must be put here.



List of Symbols

The list of symbols comes after the acknowledgment and before references. The English symbols come first followed by the Greek symbols. Both must be typed in alphabetical order and separated.

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- [1] Assembly Jobs, Economic Development, and the Economy Committee, 2006. 20, Years of California Enterprise Zones: A Review and Prospectus, Sacramento, California, April 12, 2006.
- [2] Timoshenko, S.P. and Woinowsky-Krieger, S., 1959, *Theory of Plates and Shells*, New York: McGraw-Hill Book Company.
- [3] Billings, Stephen, 2009. Do enterprise zones work? An analysis at the borders. *Public Finance Review* 37 (1), 68–93.