Idiopathic Pulmonary Fibrosis (IPF) Provider Checklist

A helpful roadmap to help your patient and their care partner navigate their IPF diagnosis.

Medical Care and Treatment

☐ Obtain previous CT scans or biopsy slides

☐ Encourage them to maintain a healthy lifestyle that includes smoking cessation, achieving a healthy weight, monitoring oxygen levels, and maintaining oxygen levels over 90% 24 hours a day.

☐ Discuss approved treatment options:
  ☐ Pirfenidone (Esbriet®, Pirfenex®, Pirespa®)
  ☐ Nintedanib (OFEV®)

Pulmonary Rehabilitation & Oxygen Management

☐ Arrange pulmonary rehabilitation

☐ Prescribe oxygen when levels go below 88%

Lung Transplantation

☐ Schedule a lung transplant evaluation

PENNSYLVANIA LUNG TRANSPLANT CENTERS
  • Temple Health Lung Transplant Program: www.templehealth.org
  • Penn Lung Transplant Center: www.pennmedicine.org
  • UPMC Lung Transplant Program: www.upmc.com

Palliative Care

☐ Educate them on palliative care -- the benefits, including symptom management, and the importance of advanced care planning.

☐ Indicate a Palliative Care program within your medical center.

Support

☐ Suggest support groups and resources
  ☐ See back of document for the full list of Resources, Support Groups, and Online Communities.
Idiopathic Pulmonary Fibrosis (IPF) Provider Resources
A helpful roadmap to help your patient and their care partner navigate their IPF diagnosis.

Resources, Support Groups, and Online Communities:

- **PA IPF Support Network:**
  paipfsupportnetwork.org

- **Wescoe Foundation for Pulmonary Fibrosis:**
  wescoefoundationforpulmonaryfibrosis.org/

- **Pulmonary Fibrosis Foundation:**
  https://www.pulmonaryfibrosis.org/

- **PF Warriors:**
  https://pfwarriors.com/

- **American Lung Association:**
  https://www.lung.org/

- **American Thoracic Society:**
  https://www.thoracic.org/

- **CHEST Foundation:**
  https://www.thoracic.org/

- **Responsum for PF:**
  https://responsumhealth.com/pulmonary-fibrosis/

- **Pulmonary Wellness Foundation:**
  https://pulmonarywellness.org/