

# Bronchiectasis of non-cystic fibrosis origin

This leaflet offers more information on bronchiectasis of non-cystic fibrosis origin. If you have any further questions or concerns, please speak to the staff member in charge of your care.

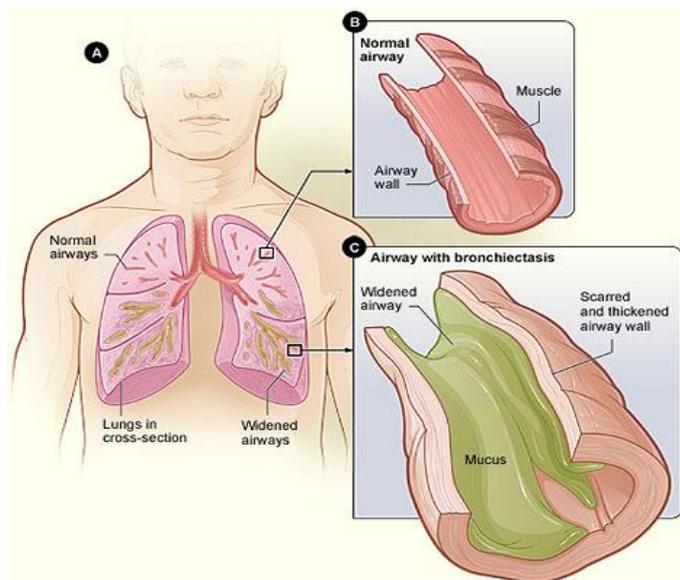
## What is bronchiectasis of non-cystic fibrosis origin and why has my child got it?

Bronchiectasis is a condition where the airways of the lungs become widened and thickened. This can lead to a build-up of mucus and the tubes can become infected with bacteria.

This is not common in children, but can happen in part of one or both lungs.

We can normally find a cause in over half of children who have this condition. This might be a severe infection leading to lowered immunity, a chronic abnormality of the airways, or an object that has been swallowed or inhaled and has gone into the lungs.

Bronchiectasis can often lead to long-term airway damage. A few children will make a full recovery over time.



## What are the signs and symptoms?

Children with this condition usually have a bad cough, bringing up sputum or phlegm, and chest infections. Some children may also lose weight and may wheeze and be short of breath when they exercise.

These symptoms are usually due to mucus staying in the lungs or blocked or damaged airways caused by chest infections.

You child may also have growth of the ends of their fingers (finger clubbing) and persistent crackles or wheeziness when they breathe.

## Are tests needed to confirm the diagnosis?

We need to try to find out how your child's airways were damaged before we give a firm diagnosis of bronchiectasis.

A chest x-ray and CT scan of the lungs will be done first and may then be followed by any of the following:

- immune system screening
- cough swab
- sputum test
- sweat test
- stomach and gut tests
- flexible bronchoscopy, where a thin tube is passed into the airways through the mouth or nose to examine the lungs and take a sample of cells for checking
- studies of the cilia, (tiny hair-like structures which help to keep the airways clear)
- lung function test.

## What treatments are available?

Bronchiectasis often needs life-long treatment, which aims to stop the disease getting worse, help stop infections, get the lungs working well and keeping them that way.

We will treat the underlying condition and any acute infections with antibiotics, physiotherapy, airway clearance and preventative (prophylactic) antibiotics.

If there is a clear area of the lungs affected that does not respond to medical treatment, an operation may be needed to remove that part of the lung.

## Is there anything I can do to help my child?

You can help your child by making sure they have a healthy life style and avoid tobacco smoke.

You can also help with daily activities, physiotherapy and airway clearance.

You should make sure your child's immunisations are up to date and they take any prophylactic antibiotics and nebulisations needed.

Finally, make sure your child always attends their follow- up clinic appointments and that you get help quickly when they are unwell, to make sure antibiotics, physiotherapy and airway clearance are stepped up.

## Useful sources of information

<https://www.brit-thoracic.org.uk/clinical-information/bronchiectasis>

<http://www.erspublications.com/content/bronchiectasis>

<http://www.bpold.co.uk/condition07.php>

## Contact us

If you have any questions or concerns about bronchiectasis of non-cystic fibrosis origin, please contact the paediatric respiratory specialist nurse on 020 8725 4216 (Monday to Friday, 9am to 5pm). Out of hours, please contact the switchboard on 020 8672 1255 and ask them to bleep the paediatric registrar on 7474.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111