



Cystic fibrosis: adherence to therapy (chronic pseudomonas acquisition)

NICE indicator

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Indicator

Normative adherence to nebulised therapy in cystic fibrosis for patients with chronic pseudomonas acquisition.

Indicator type

Network / system level indicator. The indicator would be appropriate to understand and report on the performance of networks or systems of providers.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

Rationale

The indicator supports adherence to treatment. Daily treatment with inhaled mucolytics and antibiotics is associated with preserved lung health (lung function improvement [FEV1]) and reducing respiratory exacerbations. People with cystic fibrosis find it difficult to establish sustained habits of self-care and median adherence to inhaled therapy in adults is less than 40% ([Daniels et al. 2011](#)). The [CFHealthHub \(CFHH\)](#) is a digital information technology platform that automatically collects adherence data and makes time- and date-stamped data describing daily and weekly adherence to inhaled therapy (mucolytics and antibiotics) available to people with cystic fibrosis and their clinical teams. This provides a mechanism to improve adherence and, in turn, improve outcomes. Indicator data made available beyond people with cystic fibrosis and their immediate clinical team enable a cystic fibrosis centre to track their performance over time and performance between centres to be compared.

Source guidance

[Cystic fibrosis: diagnosis and management. NICE guideline NG78 \(2017\)](#), recommendations 1.6.17 to 1.6.24.

Specification

Numerator: Number of doses (of inhaled therapy: antibiotics and mucolytics) taken in a day (per person with cystic fibrosis) is found from CFHH inhalation data. This is capped at 100% based on the prescription. This is adjusted for nebulised antibiotics taken too close together and for drugs that require multiple accentuations for a complete dose.

Denominator: Normative denominator of '3' to reflect that chronic pseudomonas patients should have inhaled mucolytics and 2 doses of antibiotics per day. Unless patient

indicated as having a month on/off regime and therefore using a denominator of 2.

Exclusions: People with lung transplants, as identified from the [UK Cystic Fibrosis Registry](#).

Calculation: Percentage adherence (of individual patients).

A centre median based on a 2-month period is calculated from individual patient percentage daily adherence.

Definitions: None identified.

Data source: CFHH.

Expected population size:

The [UK Cystic Fibrosis Registry annual data report for 2022](#) and [Office for National Statistics 2024 analysis of population estimates tool for UK](#) show that 0.02% of people (9,259 divided by 57,112,542) in England have cystic fibrosis: 1.62 per 10,000 patients served by a network. There is no minimum number of patients required for network level indicators. However, consideration should be given to whether the majority of results would require suppression because of small numbers.

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