

primary studies - published RCT

## Effects of an early rehabilitation program for adult cystic fibrosis patients during hospitalization: a randomized clinical trial.

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### Study design (if review, criteria of inclusion for studies)

Randomized controlled trial

### Participants

34 adults with CF hospitalized for pulmonary exacerbation

### Interventions

An early rehabilitation program. The intervention group underwent an early rehabilitation program for 14 days after admission.

### Outcome measures

Lung function, muscle strength, inflammatory markers, and quality of life. All patients underwent spirometry, one-repetition maximum tests (1RM), and the 6-min walk test, and answered the Revised Cystic Fibrosis Questionnaire (CFQ-R) for quality of life and the International Physical Activity Questionnaire. Serum levels of interleukin and tumor necrosis factor alpha (TNF- $\alpha$ ) were measured.

### Main results

In the intervention group, there were increases in 1RM biceps ( $P=0.009$ ), triceps ( $P=0.005$ ), shoulder abductors ( $P=0.002$ ), shoulder flexors ( $P=0.004$ ), hamstrings ( $P$

### Authors' conclusions

In adult CF patients with pulmonary exacerbation, early hospital rehabilitation had a significant impact on improving resting fatigue, muscle strength, and quality of life.

<http://dx.doi.org/10.1590/1414-431X2023e12752>

### See also

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### Keywords

adult; non pharmacological intervention - psycho-soc-edu-org; Home; non pharmacological intervention - devices OR physiotherapy; Organization; training; Infection; Respiratory Tract Diseases; Respiratory Tract Infections; Exacerbation;