Cochrane Database of Systematic Reviews - - Cochrane Protocol (ongoing review)

Dietary interventions for managing glucose abnormalities in people with cystic fibrosis

Code: CD014708 **Year:** 2022 **Date:** 2022 **Author:** Birch L

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

Randomised controlled trials (RCT) and nonâ€•randomised studies of interventions (NRSI) (controlled trials in which allocation was performed by randomisation or a quasiâ€•random rule, e.g. by alternation or Patient ID Number).

Participants

People with cystic fibrosis (pwCF) over five years of age, who have also been diagnosed with either CFâ€•impaired glucose tolerance (IGT) or CFâ€•related diabetes (CFRD). Pregnant women or pwCF post lung transplant not include.

Interventions

Any dietary intervention (e.g. low glycaemic index (GI) diet, carbohydrate counting) assigned for a minimum of two months to manage glucose abnormalities in nonâ€•hospitalised pwCF, with or without the use of insulin therapy. The comparators are standard CF dietary therapy (energy dense, highâ€•fat, highâ€•salt diet) for individuals with CFâ€•IGT, and standard CF dietary therapy plus insulin therapy for individuals with CFRD.

Outcome measures

Primary outcomes: Glycaemic control before and after dietary intervention (measured by standard clinical methods: oral glucose tolerance test (OGTT); glycated haemoglobin (HbA1c); percentage of continuous glucose monitoring (CGM) time above 7.8 mmol/L (Hameed 2010)). Secondary outcomes. Nutritional status. Lung functionFEVâ‚• (L). Adverse events. Acceptability of dietary intervention. Quality of life (measured by a validated diseaseâ€•specific tool, e.g. CF Questionnaireâ€•revised (CFQâ€•R (Quittner 2005)))

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See also

Birch L, Perry R, Hamilton-Shield J, Higgins JPT, Lithander FE, Langton Hewer SC, Frost F, Nazareth D. Dietary interventions for managing glucose abnormalities in people with cystic fibrosis. Cochrane Database of Systematic Reviews 2022, Issue 6. Art. No.: CD014708. DOI: 10.1002/14651858.CD014708. Accessed 23 June 2022.

Keywords

Food; non pharmacological intervention - diet; Diabetes Mellitus; Pancreatic Diseases; Gastrointestinal Diseases; Glucose Intolerance;