primary studies - published RCT

Sputum rheology changes in cystic fibrosis lung disease following two different types of physiotherapy: VRP1 (flutter) versus autogenic drainage.

Code: CN-00208430 **Year:** 1995 **Date:** 1995 **Author:** App EM

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

randomized cross-over design

Participants

10 CF patients

Interventions

twice daily AD or VRP1 treatment for 4 consecutive weeks. Prior to each therapy interval, one week of wash- in was done without any physiotherapy, but the regular medication.

Outcome measures

At the beginning and end of each 4-week interval, pulmonary function was measured before and after an acute 30 minute therapy. At the end of the physiotherapy session sputum was collected, weighted and deep frozen until analyzed. The viscoelasticity of the sputum was evaluated using the magnetic microrheometer.

Main results

No significant changes during the whole study were noted for vital capacity, FEV1 and sputum volume. Sputum viscoelasticity, however, was significantly lower (p

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/430/CN-00208430/frame.html

See also

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Keywords

Airway clearance technique; Drainage; flutter; non pharmacological intervention - devices OR physiotherapy; oscillating devices; Chest physiotherapy; Autogenic drainage;