primary studies - published RCT

Physiotherapy versus cough alone in the treatment of cystic fibrosis.

Code: CN-00208496 **Year:** 1992 **Date:** 1992 **Author:** Steven MH

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

RCT.

Participants

Age: mean (25 years); median (NR); SD (NR); range (17-33 years). Inclusion criteria: participants who were clinically stable; producing more than 20 g of sputum in 24 hours; and fit enough to carry out their own chest physiotherapy. 24 enrolled/ 24 evaluated/ 16 males (66.7% male). Exclusion criteria: participants with a pneumothorax; frank haemoptysis; or an FEV1 which increased more than 15% after bronchodilators.

Interventions

Each participant used 3 treatment regimens for 24-hour periods in randomised order over 3 consecutive days.The treatments were coughing, ACBT (gravity-assisted position), and ACBT (sitting). The frequency of the treatment sessions varied between 2-4 per d. ACBT (gravity-assisted position): postural drainage and ACBT; including breathing control, thoracic expansion, and FET. ACBT (sitting): ACBT including breathing control; thoracic expansion; and FET. Coughing (sitting): coughing and breathing control.

Outcome measures

Outcome measures: lung function; sputum weight; oxygen saturation.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/496/CN-00208496/frame.html

See also

New Zealand Journal Physiotherapy YR: 1992 VL: 20 DE: RCT NO: 2

Keywords

Airway clearance technique; Drainage; forced expiration technique; non pharmacological intervention - devices OR physiotherapy; Active Cycle of Breathing Technique -ACBT-; Postural Drainage; Chest physiotherapy;