primary studies - published RCT

Effects of synbiotic supplementation on the pulmonary manifestations and anthropometric measurements in children with cystic fibrosis- a randomized clinical trial

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

Double-blind, parallel design randomized clinical trial

Participants

Forty CF children

Interventions

Children were assigned to receive either two synbiotic supplements or placebo each day for 6 months.

Outcome measures

The number of pulmonary exacerbations, the frequency of hospitalization and BMI z-score changes over 6 months.

Main results

There were no significant differences in the number of pulmonary exacerbation (Pâ€‰=â€‰0.92), duration and number of hospitalization (Pâ€‰=â€‰0.91 and Pâ€‰=â€‰0.98, respectively) between groups during the intervention. The synbiotic also did not have a significant effect on forced expiratory volume in one second (FEV1, Pâ€‰=â€‰0.22) and BMI z-score (Pâ€‰=â€‰0.77).

Authors' conclusions

The synbiotic had no significant effect on pulmonary and anthropometric outcomes in children with CF. Further studies are necessary to confirm these findings.

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See also

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Keywords

Child; Probiotics; Supplementation; Oral; Immunoregulatory; pharmacological_intervention; Adult; Lactobacillus; Synbiotic;