primary studies - published RCT

Comparative study of the efficacy of 2 respiratory physiotherapy protocols for patients with cystic fibrosis.

Code: PM10410207 **Year:** 1999 **Date:** 1999 **Author:** Sànchez Riera H

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

Randomised, cross-over trial

Participants

27 CF participants in stable condition

Interventions

Treatment A: diaphragm breathing with incentive spirometry and PD. Treatment B: diaphragm breathing with PEP and PDTreatments given in random order on different days with at least 48 hours washout in between.

Outcome measures

Sputum weight, lung function (FVC, FEV1, FEV1 %, MMEFwt-75, MVV, PF), questionnaire on frequency and intensity of coughing, sputum characteristics, chest discomfort, dyspnoea.

Main results

During treatment A with incentive spirometry, 14.6 +/- 13.7 g of sputum was removed, whereas 9.8 +/- 10.2 g was eliminated during treatment B (p

Authors' conclusions

Respiratory physiotherapy with incentive spirometry significantly increases sputum clearance in cystic fibrosis patients, with no immediate repercussions on lung function or symptoms.

http://www.ncbi.nlm.nih.gov/pubmed/10410207

See also

Arch Bronconeumol. 1999 Jun;35(6):275-9.

Keywords

Adolescent; Adult; Airway clearance technique; Artificial Ventilation; Child; Drainage; non pharmacological intervention - devices OR physiotherapy; pharmacological_intervention; Postural Drainage; Ventilators; Chest physiotherapy;