
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

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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 PD. Treatments 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;