

primary studies - published, non RCT

Airway epithelial CFTR mRNA expression in cystic fibrosis patients after repetitive administration of a recombinant adenovirus.

Code: PM10545523

Year: 1999 **Date:** 2021

Author: Harvey BG

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

Non randomized trial

Participants

Pancreatic insufficient children with CF, followed in six European CF centres. Eighty-four subjects (mean 7.8 years old)

Interventions

A self-management mobile app in supporting patients with CF to achieve the dietary goals

Outcome measures

Dietary goals set by the CF nutrition guidelines.

Main results

Compared to baseline, macronutrient distribution better approximated the guidelines, with protein and lipid increasing by 1.0 and 2.1% of the total energy intake, respectively, by the end of the study. Consequently, carbohydrate intake of the total energy intake decreased significantly (-2.9%), along with simple carbohydrate intake (-2.4%). Regarding food groups, a decrease in ultra-processed foods was documented, with a concomitant increase in meat and dairy.

Authors' conclusions

The use of a self-management mobile app to self-monitor dietary intake could become a useful tool to achieve adherence to guideline recommendations, if validated during a longer period of time or against a control group.

<http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/767/CN-00462767/frame.html>

See also

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Keywords

Adult; Caregivers; Child; non pharmacological intervention - diet; non pharmacological intervention - psycho-soc-edu-org; pharmacological_intervention; Psychoeducation; training; Self-Management; Systemic interventions; Behavioural interventions;