

---

primary studies - published RCT

## **A randomized controlled trial of a 3-year home exercise program in cystic fibrosis.**

**Code:** PM10700685    **Year:** 2000    **Date:** 2004

**Author:** Schneiderman-Walker J

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

double blind, randomized cross over study.

### **Participants**

9 CF-patients chronically infected with *P. aeruginosa*

### **Interventions**

On two visits to the outpatient clinic, patients were submitted to either nebulized colistin sulphate or colistin sulphomethate solution.

### **Outcome measures**

Lung function tests were performed immediately before and 15 and 30 min after nebulization.

### **Main results**

Nebulization of colistin sulphate caused a significant larger mean decrease in lung function compared to nebulized colistin sulphomethate. A significant decrease in mean changes (SD) in FEV1 at 30 min and FVC at 15 and 30 min after nebulization compared to baseline of -7.3% (8.6%), -5.7% (7.3%) and -8.4% (7.5%) respectively was seen after colistin sulphate nebulization compared to colistin sulphomethate (P

### **Authors' conclusions**

Based on these results it was concluded that inhalation with nebulized colistin sulphate is not suitable for treatment of CF patients chronically infected with *P. aeruginosa*. Colistin sulphomethate is the drug of choice for pulmonary administration of colistin.

<http://dx.doi.org/10.1067/mpd.2000.103408>

### **See also**

The Journal of pediatrics YR: 2000 VL: 136 NO: 3

### **Keywords**

Adult; Anti-Bacterial Agents; Colistin; Drug Administration Schedule; Inhalation OR nebulised; nebuliser; non pharmacological intervention - devices OR physiotherapy; pharmacological\_intervention; Bacterial Infections; Respiratory Tract Infections; Respiratory Tract Diseases; Infection; Pseudomonas aeruginosa; Pseudomonas; other anti-bacterial agents;