

primary studies - published RCT

## **Efficacy of alendronate in adults with cystic fibrosis with low bone density.**

**Code:** PM14563654

**Year:** 2004 **Date:** 2008

**Author:** Aris RM

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

randomized crossover design

### **Participants**

20 clinically stable CF patients with similar pulmonary function at baseline

### **Interventions**

Patients received either 'saline(NEB) + AD' or 'saline(IPV) + AD' on 2 consecutive days.

### **Outcome measures**

Transcutaneous oxygen saturation, heart rate, Borg dyspnea score and mucus wet weight were evaluated after 15 min of either saline(NEB) or saline(IPV), and after a subsequent 30 min of AD.

### **Main results**

There were no significant changes in oxygen saturation, heart rate or Borg score at any point of either physiotherapy intervention. There was no significant difference in sputum wet weight recovered with either saline(NEB) (2.2 +/- 1.8 g, mean +/- SD) or saline(IPV) (1.7 +/- 1.9 g) alone. Subsequent AD did produce significantly greater amounts of sputum wet weight (p

### **Authors' conclusions**

Recovered sputum weight is similar whether AD is preceded by saline(NEB) or saline(IPV). The much greater amount of mucus obtained during the AD period than during the saline delivery period warrants further investigation.

<http://dx.doi.org/10.1164/rccm.200307-1049OC>

### **See also**

Am J Respir Crit Care Med. 2004 Jan 1;169(1):77-82. Epub 2003 Oct 16.

### **Keywords**

Adolescent; Adult; Airway clearance technique; Drainage; Inhalation OR nebulised; Intrapulmonary; non pharmacological intervention - devices OR physiotherapy; Percussion; pharmacological\_intervention; Sodium Chloride; Ventilators; Intrapulmonary Percussive Ventilation; oscillating devices; Chest physiotherapy; Respiratory System Agents; Autogenic drainage;