primary studies - published RCT

Individualised unsupervised exercise training in adults with cystic fibrosis: a 1 year randomised controlled trial.

Code: PM15563708 **Year:** 2004 **Date:** 2007 **Author:** Moorcroft AJ

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

randomized trial

Participants

35 children teenagers and adults with cystic fibrosis, 8-20 years of age, with mean Schwachman score 78,49 took part in the research.

Interventions

All patients had regular physiotherapeutic control and applied systematically physiotherapy. The same children received two methods of respiratory physiotherapy in a 3-month random order, when they came at the outpatients' department of the hospital for their regular check-up.

Outcome measures

sputum quantity, sputum quality

Main results

The comparison of the results of the two methods did not show statistical significant difference in sputum quantity, whereas statistical significant difference was noticed in sputum quality after the application of active cycle of breathing techniques.

Authors' conclusions

The application of the active cycle of breathing techniques contributes effectively in the sputum expectoration from the peripheral bronchopulmonary segments and enhances the mucociliary clearance in children with cystic fibrosis.

http://dx.doi.org/10.1136/thx.2003.015313

See also

Thorax. 2004 Dec;59(12):1074-80.

Keywords

Adolescent; Adult; Child; non pharmacological intervention - devices OR physiotherapy; Outpatient; pharmacological_intervention; Airway clearance drugs -expectorants- mucolytic- mucociliary-;