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primary studies - published RCT

## Evaluation of nebulised hypertonic saline (7%) as an adjunct to physiotherapy in patients with stable bronchiectasis.

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**Author:** Kellett, F

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

Randomised crossover trial

### Participants

24 patients with bronchiectasis

### Interventions

Patients were randomised to receive four single treatment schedules in random order: (1) active cycle breathing technique (ACBT) alone, (2) nebulised terbutaline then ACBT, (3) nebulised terbutaline, nebulised IS then ACBT and (4) nebulised terbutaline, nebulised HS then ACBT.

### Outcome measures

Sputum weight; ease of expectoration; sputum viscosity; FEV1

### Main results

Sputum weights were significantly higher after HS than IS ( $P = 0.002$ ). Ease of expectoration also differed overall ( $P$

### Authors' conclusions

Nebulised hypertonic saline can be used safely and effectively as an adjunct to physiotherapy in selected patients. A long-term prospective trial is now indicated to determine its effectiveness on long-term infection rate, quality of life and lung function.

### See also

Respir Med. 2005 Jan;99(1):27-31.

### Keywords

hydration; Hypertonic Solutions; Inhalation OR nebulised; pharmacological\_intervention; Airway clearance drugs -expectorants-mucolytic- mucociliary-; Airway clearance technique; non pharmacological intervention - devices OR physiotherapy; Respiratory System Agents; Chest physiotherapy; Active Cycle of Breathing Technique -ACBT-; Adrenergic beta-Agonists; nebuliser; Terbutaline; Bronchiectasis; Respiratory Tract Diseases;