

primary studies - published RCT

Inhaled beta-agonists improve lung function but not maximal exercise capacity in cystic fibrosis.

Code: PM15978535

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Author: Dodd JD

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

Placebo-controlled cross-over trial over 2 days

Participants

9 adults, no details given of age or sex of participants

Interventions

Maximal cycle ergometry on 2 days with either single dose of inhaled salbutamol (600 mcg) compared to placebo taken before exercise

Outcome measures

(Exercise capacity data not included in analysis) Change in FEV1, exercise duration in seconds and maximal oxygen uptake in litres/min.

Main results

Within-day FEV1 comparisons demonstrated that the placebo test day FEV1 improved significantly post-exercise (0.11 L, p

Authors' conclusions

In adults with CF, salbutamol improves post-exercise FEV1 and is safe when administered immediately before exercise but does not improve exercise capacity, exercise-induced dyspnoea or leg-discomfort.

<http://dx.doi.org/10.1016/j.jcf.2004.11.004>

See also

J Cyst Fibros. 2005 May;4(2):101-5.

Keywords

Adrenergic beta-Agonists; Adult; Albuterol; Bronchodilator Agents; exercise; Inhalation OR nebulised; non pharmacological intervention - devices OR physiotherapy; pharmacological_intervention; Salbutamol; Respiratory System Agents;