

primary studies - published RCT

## **Mucus clearance with three chest physiotherapy regimes in cystic fibrosis: a comparison between postural drainage, PEP and physical exercise.**

**Code:** PM1628733

**Year:** 1992 **Date:** 1996

**Author:** Lannefors L

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

double-blind, multicenter randomized controlled trial

### **Participants**

12 centers, 55 CF patients with liver disease (39 male subjects; median age, 13.8 years).

### **Interventions**

Patients were randomly assigned to receive for 1 year one of the following treatments: UDCA (15 mg/kg body weight daily) plus taurine (30 mg/kg body weight daily), UDCA plus placebo, placebo plus taurine, or double placebo.

### **Outcome measures**

Clinical and laboratory evaluations were performed every 3 months.

### **Main results**

After 1 year, deterioration of overall clinical conditions, as indicated by the Shwachman-Kulczycki score (SKS), occurred in patients who received placebo but not in those who received UDCA ( $P = .025$ ). Patients treated with UDCA also showed an improvement in gamma-glutamyl transpeptidase (GGT) ( $P = .004$ ) and 5'-nucleotidase ( $P = .006$ ) levels. Treatment with taurine was followed by a significant increase in serum prealbumin levels ( $P = .053$ ), a trend toward a reduction in fat malabsorption, and no effect on the biochemical profile. No severe side effects occurred with any treatment.

### **Authors' conclusions**

UDCA administration improves clinical and biochemical parameters in CF patients with liver disease. Taurine supplementation may be indicated in patients with severe pancreatic insufficiency and poor nutritional status.

<http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/120/CN-00208120/frame.html>

### **See also**

European Respiratory Journal YR: 1992 VL: 5 DE: RCT NO: 6

### **Keywords**

Adolescent; Adult; Child; Cholagogues and Cholagogues; Combined Modality Therapy; Gastrointestinal Agents; Gastrointestinal Diseases; Liver Diseases; non pharmacological intervention - diet; pharmacological\_intervention; Supplementation; taurine; UDCA; Malabsorption; Nutrition Disorders; Amino Acids; Proteins;