primary studies - published, non RCT

Respiratory training with a specific device in cystic fibrosis: a prospective study.

Code: PM18243067 **Year:** 2008 **Date:** 2008 **Author:** Sartori R

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

open-label 1 year observational study

Participants

Twenty-four CF patients

Interventions

SpiroTiger. This device, developed for respiratory training through maximal inspirations and espirations without hypocarbia, may improve respiratory function and mucus clearance. Patients where instructed and trained by a physiotherapist with individualized settings of training parameters.

Outcome measures

Baseline and post intervention measurements were determined by lung function (FVC, FEV1, FEF 25-75), patients' opinions on physiotherapy (questionnaires), need for antibiotic treatment (clinical follow-up and records) and perception of physical fitness (questionnaires) in the year before and in the year of intervention. Adherence to physiotherapy was monitored by means of a specific device software.

Main results

Increased lung function (FEV1 p

Authors' conclusions

This study shows an association between training through a specific device and improved lung function. Further trials are needed to confirm this report.

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See also

J Cyst Fibros. 2008 Jul;7(4):313-9. doi: 10.1016/j.jcf.2007.12.003. Epub 2008 Feb 1.

Keywords

exercise; non pharmacological intervention - devices OR physiotherapy; non pharmacological intervention - psyco-soc-edu-org; Spiro Tiger; training; Chest physiotherapy;