

primary studies - published RCT

Results of active cycle of breathing techniques and conventional physiotherapy in mucociliary clearance in children with cystic fibrosis.

Code: PM19582195 **Year:** 2007 **Date:** 2011

Author: Hristara-Papadopoulou A

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

RCT

Participants

children with CF on long-term aerosol therapy

Interventions

children were randomly allocated to either TIM (target inhalation mode), which optimises patient inhalations through a direct feedback mechanism, or to continue TBM

Outcome measures

The primary outcome was nebuliser treatment times with secondary outcomes being adherence and patient preference

Main results

The ten children allocated TIM reduced their mean (SD) treatment times from 6.9(2.9) to 3.7(2.3) minutes ($p < 0.001$). In contrast, treatment times were unchanged in the ten children allocated TBM. Mean adherence was maintained in the TIM group but declined in patients allocated TBM by >5%. All children preferred TIM to TBM.

Authors' conclusions

TIM reduces nebuliser treatment times and may positively impact on adherence, although longer duration studies are required to examine this.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2552985/pdf/hippokratia-11-202.pdf>

See also

Hippokratia YR: 2007 VL: 11 DE: RCT NO: 4

Keywords

Inhalation OR nebulised; pharmacological_intervention; Respiratory Tract Diseases; Respiratory Tract Infections;