primary studies - published RCT

Short-term comparative study of high frequency chest wall oscillation and European airway clearance techniques in patients with cystic fibrosis.

Code: PM19703826 **Year:** 2010 **Date:** 2013 **Author:** Osman LP

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

randomised controlled trial

Participants

39 Swiss patients with CF, also compared with age-matched Swiss (n=35) and German (n=701) CF registry data.

Interventions

Long-term exercise training. Patients were randomly divided into strength training (ST, n=12), endurance training (AT, n=17) and controls (CONCH, n=10).

Outcome measures

Primary outcome was FEV1 at 6months.

Main results

FEV1 increased significantly in both training groups compared with CONCH (AT:+5.8+/-0.95, ST:+7.4+/-2.5, CONCH:-11.5+/-2.7% predicted, p

Authors' conclusions

A partially supervised training over 6months improved FEV1 but effects were basically gone 18months off training. Regular long-term training should be promoted as essential part of treatment in CF.

http://dx.doi.org/10.1136/thx.2008.111492

See also

Thorax. 2010 Mar;65(3):196-200. Epub 2009 Aug 23.

Keywords

Adolescent; Adult; Child; exercise; non pharmacological intervention - devices OR physiotherapy; training; non pharmacological intervention - psyco-soc-edu-org; strength training;