

primary studies - published RCT

## **Twice vs three-times daily antibiotics in the treatment of pulmonary exacerbations of cystic fibrosis.**

**Code:** PM20920848

**Year:** 2011 **Date:** 2015

**Author:** Adeboyeke D

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

Randomized controlled clinical trial

### **Participants**

patients with cystic fibrosis between age 7 and 20 years (n = 34)

### **Interventions**

Patients were assigned to 2 groups: control and intervention. The intervention consisted of a handbook with instructions for aerobic exercise and stretching.

### **Outcome measures**

Main outcomes were postural abnormalities, plantar pressure distribution, and lung function.

### **Main results**

In phase I, 34 patients with CF and 34 healthy matched individuals were included. No significant baseline differences were identified. Children with CF presented more postural deviations compared with healthy subjects (P

### **Authors' conclusions**

Children and adolescents with CF present postural changes when compared with healthy individuals. The educational guideline for exercise practice helped to improve posture, preventing the progression of some postural disorders.

<http://dx.doi.org/10.1016/j.jcf.2010.09.003>

### **See also**

J Cyst Fibros. 2011 Jan;10(1):25-30.

### **Keywords**

Exercise; non pharmacological intervention - devices OR physiotherapy; Counseling; Psychoeducation; non pharmacological intervention - psyc-soc-edu-org; training;