

primary studies - published RCT

## A CFTR potentiator in patients with cystic fibrosis and the G551D mutation.

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

randomized clinical trial

### Participants

Adolescents with chronic disease (ACD). Eighty-one ACD, aged 12 to 20 years

### Interventions

8-month transition intervention (MD2Me). MD2Me recipients received a 2-month intensive Web-based and text-delivered disease management and skill-based intervention followed by a 6-month review period. MD2Me recipients also had access to a texting algorithm for disease assessment and health care team contact. Controls received mailed materials on general health topics.

### Outcome measures

Disease management, health-related self-efficacy, and health assessments were performed at baseline and at 2 and 8 months. Frequency of patient-initiated communications was recorded over the study period. Outcomes were analyzed according to assigned treatment group over time.

### Main results

MD2Me recipients demonstrated significant improvements in performance of disease management tasks, health-related self-efficacy, and patient-initiated communications compared with controls.

### Authors' conclusions

Outcomes in ACD improved significantly among recipients of a generic, technology-based intervention. Technology can deliver transition interventions to adolescents with diverse chronic illnesses, and a generic approach offers a cost-effective means of positively influencing transition outcomes. Further research is needed to determine whether improved short-term outcomes translate into an improved transition for ACD.

<http://dx.doi.org/10.1056/NEJMoa1105185>

### See also

N Engl J Med. 2011 Nov 3;365(18):1663-72.

### Keywords

Adolescent; Adult; Caregivers; Child; non pharmacological intervention - psycosoc-edu-org; Self-Management; Behavioural interventions; training;