primary studies - published RCT

Clarithromycin therapy for patients with cystic fibrosis: a randomized controlled trial.

Code: PM22266895 **Year:** 2012 **Date:** 2015 **Author:** Robinson P

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

Randomized double-blind placebo-controlled study design with an iso-nitrogenous placebo.

Participants

39 Cystic fibrosis adults patients

Interventions

Glutamine supplementation (21 g/day) for 8 weeks or iso-nitrogenous placebo.

Outcome measures

The primary analysis was intention to treat, and the primary outcome was change in induced sputum neutrophils.

Main results

Thirty-nine individuals were recruited and thirty-six completed the study. Glutamine supplementation had no impact on any of the outcome measures in the intention-to-treat analysis. In the per protocol analysis, glutamine supplementation was associated with an increase in induced sputum neutrophils (P = 0.046), total cells (P = 0.03), and in Pseudomonas isolation agar colony forming units (P = 0.04) compared to placebo.

Authors' conclusions

There was no effect of glutamine supplementation on markers of pulmonary inflammation in the intention-to-treat analysis.

http://dx.doi.org/10.1002/ppul.21613

See also

Pediatr Pulmonol. 2012 Jun;47(6):551-7. doi: 10.1002/ppul.21613. Epub 2012 Jan 20.

Keywords

Adult; Aged; Glutamine; non pharmacological intervention - diet; Supplementation; Amino Acids; Proteins;