*primary studies - published RCT*

# Elimination of secretions in CF patients under amiloride inhalation.

**Code:** PM2281055 **Year:** 1990 **Date:** 1990 **Author:** Lindemann H

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

randomized trial

### Participants

10 CF patients, 8 to 28 years of age

### Interventions

First day, they inhaled in a randomised order isotonic saline and a solution of amiloride hydrochloride (0.3 mg/ml) one after another, each inhalation taking twenty minutes. Second day, inhalations were performed in an inverse order. To intensify the effect of inhalation, the inhalation procedure was combined with "autogenic drainage", a special kind of physiotherapy.

### Outcome measures

Main criterion for evaluation was the amount of expectorated sputum.

### Main results

Mean increase of sputum during amiloride inhalation in comparison to saline was +50.4%. Patients and physiotherapist observed a liquefaction of secretion and a decrease of coughing by amiloride and a support of physiotherapy.

### Authors' conclusions

These results suggest a beneficial clinical effect of regular amiloride inhalation in CF patients.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/957/CN-00072957/frame.html

### See also

Pneumologie. 1990 Oct;44(10):1148-50.

### Keywords

Adolescent; Adult; Amiloride; Autogenic training; Child; Inhalation OR nebulised; non pharmacological intervention - psyco-soc-edu-org; pharmacological_intervention; Airway clearance drugs -expectorants- mucolytic- mucociliary-; Combined Modality Therapy; ENaC antagonists - Sodium Channel Blockers; Respiratory System Agents; Autogenic drainage;