primary studies - published RCT

Effect of supervised training on FEV in cystic fibrosis: A randomised controlled trial.

Code: PM23588193 **Year:** 2013 **Date:** 2013 **Author:** Kriemler S

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.

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See also

J Cyst Fibros. 2013 Apr 12. pii: S1569-1993(13)00039-8. doi: 10.1016/j.jcf.2013.03.003.

Keywords

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