

primary studies - published RCT

# Sinonasal inhalation of tobramycin vibrating aerosol in cystic fibrosis patients with upper airway Pseudomonas aeruginosa colonization: results of a randomized, double-blind, placebo-controlled pilot study.

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Author: Mainz JG

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

randomized controlled trial

### **Participants**

Nine CF patients

#### Interventions

Patients were randomized to inhalation of tobramycin (80 mg/2 mL) or placebo (2 mL isotonic saline) once daily (4 minutes/nostril) with the PARI Sinus nebulizer over 28 days, with all patients eligible for a subsequent course of open-label inhalation of tobramycin for 28 days.

#### **Outcome measures**

Nasal lavage was obtained before starting and 2 days after the end of each treatment period by rinsing each nostril with 10 mL of isotonic saline. P. aeruginosa quantity. SNOT-20 score

#### Main results

Nine patients participated, six initially receiving tobramycin and three placebo. Sinonasal inhalation was well tolerated, with serum tobramycin

#### **Authors' conclusions**

Sinonasal inhalation of vibrating antibiotic aerosols appears promising for reducing pathogen colonization of paranasal sinuses and for control of symptoms in patients with CF.

http://dx.doi.org/10.2147/DDDT.S54064

#### See also

Drug Des Devel Ther. 2014 Feb 10;8:209-17. doi: 10.2147/DDDT.S54064. eCollection 2014.

#### Keywords

Anti-Bacterial Agents; Pseudomonas aeruginosa; Pseudomonas; Tobramycin; Bacterial Infections; Infection; Inhalation OR nebulised; nebuliser; non pharmacological intervention - devices OR physiotherapy; pharmacological\_intervention; Respiratory Tract Diseases; Respiratory Tract Infections; Airway clearance technique; Vibration; Aminoglycosides;