

primary studies - published RCT

## Preparing adolescents with chronic disease for transition to adult care: a technology program.

Code: PM24843066

Year: 2014 Date: 2018

Author: Huang JS

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

randomized, double-blind, controlled trial

### Participants

42 infants with CF less than 4 months of age

### Interventions

Inhalation with hypertonic saline (HS) compared to isotonic saline (IS) patients were randomized across 5 sites to twice daily inhalation of 6% HS (n=21) or 0.9% IS (n=21) for 52 weeks.

### Outcome measures

LCI, MRI, adverse events, weight gain, pulmonary exacerbations.

### Main results

Inhalation of HS and IS was generally well tolerated by CF infants and the number of adverse events did not differ between groups (P=0.49). The change in LCI from baseline to week 52 was larger in CF infants treated with HS (-0.6) compared to IS (-0.1, P

### Authors' conclusions

Preventive inhalation with HS initiated in the first months of life was safe and well tolerated, and resulted in improvements in LCI and weight gain in infants with CF. Our results support feasibility of LCI as endpoint in randomized controlled trials in infants with CF.

<http://onlinelibrary.wiley.com/doi/10.1111/ir.12174>

### See also

Pediatrics. 2014 Jun;133(6):e1639-46. doi: 10.1542/peds.2013-2830. Epub 2014 May 19.

### Keywords

Child; hydration; Hypertonic Solutions; pharmacological\_intervention; Airway clearance drugs -expectorants- mucolytic- mucociliary-; Respiratory System Agents;