primary studies - published RCT

Exercise programme in patients with cystic fibrosis: A randomized controlled trial.

Code: PM25002195 **Year:** 2014 **Date:** 2014 **Author:** Rovedder PM

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

Randomised controlled clinical trial

Participants

Patients with cystic fibrosis, clinically stable patients and of age >/= 16. 41 Patients were included, 22 in the control group and 19 in the exercise group.

Interventions

Home exercise programme, based on aerobic training and muscle strength training. The patients randomised for the exercise group followed a home exercise protocol, supervised by telephone, while the control group maintained their usual activities.

Outcome measures

Muscle strength in upper limbs (UULL) on the 1 RM test. Scores for general quality of life and specifically for CF. Distance walked on the 6 MWT.

Main results

The exercise group presented a significant increase in muscle strength in upper limbs (UULL) on the 1 RM test. There was no significant difference between groups on the scores for general quality of life and specifically for CF and in the distance walked on the 6 MWT.

Authors' conclusions

The study demonstrated that a home exercise programme had positive effects in adult patients with CF, including gain in muscle strength in UULL. No increase in tolerance to exercise was shown and improvement in the quality of life of the patients who received intervention.

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See also

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Keywords

Adolescent; Artificial Ventilation; exercise; Home; Home Care Services; non pharmacological intervention - devices OR physiotherapy; non pharmacological intervention - psyco-soc-edu-org; Ventilators; Organization; Training;