*primary studies - published RCT*

# A randomised trial of hypertonic saline during hospitalisation for exacerbation of cystic fibrosis.

**Code:** PM26769016 **Year:** 2016 **Date:** 2021 **Author:** Dentice RL

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

Single-center, double-blind, placebo-controlled, 28-d, crossover study, followed by an open-label extension (OLE) for 5 mo.

### Participants

Twenty adults with CF carrying the G551D mutation (mean ± standard deviation body mass index [BMI] 23.3 ± 4.3 kg/m(2)). Eleven patients underwent measurements 2 y later.

### Interventions

Ivacaftor

### Outcome measures

Weight, BMI, and body composition (including fat-free mass [FFM] and fat mass).

### Main results

After 28 d of treatment with ivacaftor, weight increased by 1.1 ± 1.3 kg, BMI by 0.4 ± 0.5 kg/m(2), and FFM by 1.1 ± 1.2 kg (all P

### Authors' conclusions

Small gains were seen in FFM in the first month of ivacaftor treatment. Weight, BMI, and fat-mass gains in the first 6 mo on ivacaftor plateaued by 2.5 y. The metabolic and clinical consequences of weight and fat-mass gains remain to be determined.

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### See also

Thorax. 2016 Feb;71(2):141-7. doi: 10.1136/thoraxjnl-2014-206716.

### Keywords

Aminophenols; CFTR Modulators; Genetic Predisposition to Disease; pharmacological_intervention; VX-770; ivacaftor; G551D-CFTR;