
primary studies - published RCT

Non-invasive Ventilation as Airway Clearance Technique in Cystic Fibrosis.

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

Prospective, randomized trial

Participants

Thirty-two subjects, mean age 31 years, mean forced expiratory volume in 1 second 47% (+/-14) and mean forced vital capacity 69% (+/-13)

Interventions

Non-invasive ventilation (NIV) vs standard positive expiratory pressure (PEP) treatment as airway clearance technique.

Outcome measures

Lung functions testing, 6-minute walk test, blood gases, sputum culture and inflammatory parameters were measured before and after the treatment period.

Main results

There was a significant reduction in lung clearance index (LCI) following NIV compared with PEP ($p = 0.01$). LCI is performed within the lung function testing.

Authors' conclusions

Non-invasive ventilation was shown to be a good alternative to PEP in chest physiotherapy for patients with cystic fibrosis who are severely ill.

<http://dx.doi.org/10.1002/pri.1667>

See also

Physiother Res Int. 2016 Feb 29. doi: 10.1002/pri.1667.

Keywords

Adult; non pharmacological intervention - devices OR physiotherapy; Respiratory Insufficiency; Respiratory Tract Infections; Ventilators; Positive-Pressure Respiration- PEP- pep mask; Airway clearance technique; NIV; Infection; Continuous; Artificial Ventilation;