

primary studies - published RCT

# Short-Term Effect of Different Physical Exercises and Physiotherapy Combinations on Sputum Expectoration, Oxygen Saturation, and Lung Function in Young Patients with Cystic Fibrosis.

Code: PM27147223

Year: 2016 Date: 2021

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

Analysis of data of a previous randomized controlled trial

## Participants

35 children with CF.

## Interventions

Singing. On two different days (T1, T2) children performed MIP/MEP with at least ten attempts each to achieve

## Outcome measures

Maximal inspiratory pressure (MIP) and maximal expiratory pressure (MEP)

## Main results

All children achieved repeatable MIP/MEP values within 10-11 attempts with 24 (68.6%) and 26 (74.3%) of these achieving best values of MIP and MEP, respectively, at attempts 6-11. Median values of the pressures by three, five, eight and all attempts significantly increased with more attempts (all  $p < 0.05$ )

## Authors' conclusions

It is likely that at least ten attempts (best two within)

<http://dx.doi.org/10.1007/s00408-016-9888-x>

## See also

Lung. 2016 Aug;194(4):659-64. doi: 10.1007/s00408-016-9888-x. Epub 2016 May 4.

## Keywords

Adolescent; Adult; Child; Music Therapy - Singing; non pharmacological intervention - psycho-soc-edu-org; Creative and physical therapies; Behavioural interventions;