
primary studies - published RCT

Relative effects of bronchial drainage and exercise for in-hospital care of patients with cystic fibrosis.

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

Randomised controlled trial. Parallel design.

Participants

17 participants. Mean (SD) age: CCPT: 15.9 years (4.9); exercise: 15.4 years (4.9). All participants completed.

Interventions

CCPT (n=8) or exercise plus CCPT (n = 9).

Outcome measures

FVC, FEV1, FEF25-75, ERV, IC, FRC, airway resistance, RV, TLC, exercise test, SAC.

Main results

Pulmonary function and exercise response were significantly improved over the period of hospitalization in both groups; the improvements were the same in the two groups.

Authors' conclusions

These results indicate that, in some hospitalized patients with CF, exercise therapy may be substituted for at least part of the standard protocol of bronchial hygiene therapy.

<http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/172/CN-00061172/frame.html>

See also

Phys Ther. 1989 Aug;69(8):633-9.

Keywords

Adolescent; Airway clearance technique; Child; Combined Modality Therapy; Drainage; exercise; non pharmacological intervention - devices OR physiotherapy; Exacerbation; Respiratory Tract Infections; Respiratory Tract Diseases; Infection; Bacterial Infections;