

primary studies - published RCT

## **Effects of exercise and airway clearance (positive expiratory pressure) on mucus clearance in cystic fibrosis: a randomised crossover trial.**

**Code:** PM30846472

**Year:** 2019 **Date:**

**Author:** Dwyer TJ

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

Single-site, equal-allocation randomized pilot study

### **Participants**

50 Adults with CF age  $\geq 18$  years with any of the following: FEV<sub>1</sub>% predicted  $\leq 50$ ,  $\geq 2$  CF-related hospitalizations in the past 12 months, supplemental oxygen use, or noninvasive mechanical ventilation use, and moderate-or-greater severity of any symptoms on the Edmonton Symptom Assessment Scale. Mean age 38, baseline mean FEV<sub>1</sub>% predicted 41.8 (usual care), and 41.2 (intervention).

### **Interventions**

Authors randomized 50 adults with CF to intervention ( $n=25$ ) or usual care ( $n=25$ ),

### **Outcome measures**

Intervention visit completion, data completements, participant ratings of intervention acceptability and benefit, and intervention delivery fidelity.

### **Main results**

No participants withdrew, five were lost to follow-up, and two died (88% retention). In the intervention group, 23 of 25 completed all study visits; 94% stated the intervention was not burdensome, and 97.6% would recommend the intervention to others with CF. More than 90% of study visits addressed topics prescribed by intervention manual.

### **Authors' conclusions**

Adding specialist PC to standard clinic visits for adults with CF is feasible and acceptable.

<http://dx.doi.org/10.1183/13993003.01793-2018>

### **See also**

Eur Respir J. 2019 Apr 18;53(4):1801793. doi: 10.1183/13993003.01793-2018. Print 2019 Apr.

### **Keywords**

non pharmacological intervention - psycho-soc-edu-org; Palliative care; pharmacological\_intervention;