primary studies - published RCT

The effectiveness of a mobile high-frequency chest wall oscillation (HFCWO) device for airway clearance.

Code: PM32320537 **Year:** 2020 **Date:** **Author:** Leemans G

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

Randomized, double-blind, placebo-controlled pilot trial

Participants

60 adult CF patients, aged 18 or older.

Interventions

Participants were randomly assigned to receive either amino acid supplementation or a placebo for 4 weeks.

Outcome measures

Physical function tests and self-assessment questionnaires on quality of life, global health, and sleep status, as well as blood samples to measure pro-inflammatory cytokines, were performed at baseline and after the treatment period.

Main results

The amino acid supplementation group showed a significant improvement in self-perceived physical performance and health status. Interleukin-6 serum levels were significantly reduced in this group compared to those who received the placebo ($p = 0.042$).

Authors' conclusions

Amino acid supplementation in adult CF patients improves self-perception of health status and may reduce systemic inflammation, significantly decreasing serum levels of Interleukin-6. This suggests potential benefits for the overall well-being of CF patients and a reduction in their inflammatory status.

http://dx.doi.org/10.1002/ppul.24784

See also

Pediatr Pulmonol. 2020 Aug;55(8):1984-1992. doi: 10.1002/ppul.24784. Epub 2020 Apr 22.

Keywords

Adult; Drug Administration Schedule; non pharmacological intervention - diet; Oral; placebo; Supplementation; Amino Acids; Proteins;