primary studies - published, non RCT

Improved outcomes in cystic fibrosis using modified Re-Education of Airway Clearance Technique (REACT) programme.

Code: PM32675178 **Year:** 2020 **Date:** 2020 **Author:** Reamer C

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

Prospective quality improvement study

Participants

Children aged >6 years

Interventions

A modified Re-Education of Airway Clearance Techniques (REACT) programme

Outcome measures

Outcome measures were assessed for our entire programme via the CF Foundation Patient Registry (CFFPR) and statistical process control. Comparisons were also made before and after REACT for outcome measures.

Main results

By the end of implementation, monthly participation rate achieved 100%. Using CFFPR data and SPC, median ppFEV(1) increased by 3.9%, whereas only body mass index (BMI) as a secondary outcome increased. Comparison of pre and post REACT showed improvements in average ppFEV(1) (95% vs 96%, p

Authors' conclusions

Implementation of a modified REACT at Lurie Children's paediatric CF programme led to an increase in ppFEV(1), FEF(25%-75%) and BMI percentile.

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See also

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Keywords

Adult; Caregivers; Child; non pharmacological intervention - psyco-soc-edu-org; Psychoeducation; training; Self-Management; Systemic interventions; Behavioural interventions; Cognitive analytic therapy; information; Acapella; Active Cycle of Breathing Technique -ACBT-; Adolescent; Aerobic training; Airway clearance drugs -expectorants- mucolytic- mucociliary-; Airway clearance technique; Autogenic drainage; Chest physiotherapy; Chest Wall Oscillation; Combined Modality Therapy; Drainage; exercise; flutter; forced expiration technique; High Frequency Chest Wall Oscillation -HFCWO-; Inhalation OR nebulised; inspiratory muscle training; Intrapulmonary Percussive Ventilation; non pharmacological intervention - devices OR physiotherapy; oscillating devices; Percussion; pharmacological_intervention; Positive-Pressure Respiration- PEP- pep mask; Postural Drainage; Respiratory Tract Diseases; strength training; VEST Airway Clearance System; Vibration;