primary studies - published RCT

Manuka honey versus saline sinus irrigation in the treatment of cystic fibrosis-associated chronic rhinosinusitis: A randomised pilot trial.

Code: PM32852889 **Year:** 2021 **Date:** **Author:** Lee VS

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

Prospective, single-blinded (clinician only), randomised, parallel two-arm pilot trial.

Participants

Subjects had recalcitrant cystic fibrosis sinusitis and previous sinus surgery.

Interventions

Subjects had recalcitrant cystic fibrosis sinusitis and previous sinus surgery. They received manuka honey or saline sinus irrigations twice daily for 30 days.

Outcome measures

Main outcomes were recruitment/retention rates and tolerability. Preliminary effectiveness was assessed based on quality-of-life Sinonasal Outcome Test-22 and Lund-Kennedy endoscopic change scores and post-treatment culture negativity.

Main results

Over 10 months, 13 subjects were enrolled, and 77% (10/13) were included in the analysis. Manuka honey irrigations were well-tolerated. The quality-of-life change score was clinically significant for manuka honey (-9 [-14,-6]) but not saline (-5 [-9,-1]), although the difference was not statistically significant (P = .29). Lund-Kennedy endoscopic change score was significantly better for manuka honey (-3 [-5,-3]) versus saline (0 [0,0]) (P = .006). There was no difference in post-treatment culture negativity between manuka honey (1/5, 20%) and saline (0/5, 0%) (P = 1.00).

Authors' conclusions

Manuka honey irrigations were well tolerated, and retention rates were high. Preliminary data showed that manuka honey achieved a clinically important difference in quality-of-life score and a significantly better endoscopic outcome. Microbiological control was difficult to achieve. A future definitive trial would require multi-institutional recruitment.

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See also

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Keywords

honey; Adolescent; Adult; Bacterial Infections; Child; Infection; Respiratory Tract Infections; Sinusitis; Airway clearance drugs -expectorants- mucolytic- mucociliary-; Respiratory System Agents; Respiratory Tract Diseases; Dornase alpha; Pulmozyme; Hypertonic Solutions; Inhalation OR nebulised; pharmacological_intervention; isotonic Solutions;