

primary studies - published RCT

Oral Glutathione and Growth in Cystic Fibrosis: A Multi-Center, Randomized, Placebo-Controlled, Double-Blind Trial.

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

Results of the CF S.O.B.E program (RCT)

Participants

81 pwCF aged 16-25, divided into two groups: the standard CF S.O.B.E. group (n=39) and the modified group (n=42).

Interventions

CF R.I.S.E is a program that helps people with Cystic Fibrosis (pwCF) transition from pediatric to adult care. In 2022. Two groups: the standard CF S.O.B.E. group (n=39) and the modified group (n=42). The standard group received face-to-face education. Both groups participated in online training sessions and received written materials.

Outcome measures

The knowledge levels were evaluated with Knowledge Assessment Questionnaires (KAQ).

Main results

The standard group showed higher post-training scores in "Lung Health and Airway Clearance" and "Equipment Maintenance and Infection Control" (p=0.014 and 0.002). Modified group showed improvements in all KAQs except "Lung Health and Airway Clearance", "CF-related Liver Disease," "Pancreatic Insufficiency and Nutrition," and "Male Sexual Health." Regarding Pancreatic Insufficiency & Nutrition and CF-related Diabetes, individuals with these conditions demonstrated higher pretest scores than those without these conditions (p=0.01 and 0.002, respectively). Both groups and their parents reported high satisfaction, and healthcare providers endorsed the program's effectiveness.

Authors' conclusions

This study demonstrated the CF S.O.B.E program's success in enhancing knowledge, disease management skills, and self-confidence among pwCF. While the modified CF S.O.B.E program may be suitable for resource-limited centers, the priority should be to implement the standard program due to its superior outcomes in self-confidence and disease management. This study lays the foundation for incorporating CF S.O.B.E as a standard practice and evaluating its long-term clinical impact.

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See also

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Keywords

non pharmacological intervention - psyco-soc-edu-org;