

primary studies - published RCT

Does synbiotic supplementation affect the quality of life in children with cystic fibrosis? A pilot randomized controlled clinical trial.

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

Randomized Controlled Trial

Participants

30 children with CF (mean age = 10.2 ± 1.9 years)

Interventions

Telerehabilitation (TG) compared with an unsupervised home exercise training program (HG)

Outcome measures

Muscle function (one-minute sit-to-stand (1-min STS), sit-up, pushup, squat, and plank tests), PA (Physical Activity Questionnaire for Older Children), and sleep (Epworth Sleepiness Scale (ESS) and Pediatric Sleep Questionnaire (PSQ)) were assessed before and after the 6-week study period.

Main results

The 1-min STS significantly improved in the TG compared with the HG ($p = 0.001$, $I^2 = 0.474$). The sit-up ($p = 0.005$, $I^2 = 0.247$), pushup ($p = 0.002$, $I^2 = 0.180$), squat ($p = 0.002$, $I^2 = 0.284$), and plank ($p = 0.002$, $I^2 = 0.284$) were significantly improved in the TG compared with the HG.

Authors' conclusions

Children who received TG improved muscle function more than children who received an HG. The effectiveness of longer term TG programs should be investigated in children with CF.

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See also

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Keywords

Exercise; non pharmacological intervention - devices OR physiotherapy; Counseling; Psychoeducation; non pharmacological intervention - psyc-soc-edu-org; telemedicine; training;