primary studies - published RCT

Comparison of a positive expiratory pressure (PEP) mask with postural drainage in patients with cystic fibrosis.

Code: PM3326574 **Year:** 1987 **Date:** 1987 **Author:** Van Asperen PP

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

Randomised controlled trial. Cross-over design.

Participants

13 participants, of which 10 completed. Ages: 7-18 years.

Interventions

CCPT versus PEP.

Outcome measures

Sputum volume, FEV1, FEF25-75, cough score, activity score, PEFR.

Main results

There was no significant difference in sputum production or change in lung function between each technique as assessed by the physiotherapist. Diary card evaluation also failed to demonstrate a difference in sputum production, symptom score or peak expiratory flow rate between the 4 week treatment periods.

Authors' conclusions

PEP mask therapy is an acceptable and effective alternative to postural drainage in interval therapy of patients with cystic fibrosis, although the patients have tended to revert to postural drainage during acute exacerbations.

http://dx.doi.org/10.1111/j.1440-1754.1987.tb00272.x

See also

Aust Paediatr J. 1987 Oct;23(5):283-4.

Keywords

Adolescent; Airway clearance technique; Child; Drainage; non pharmacological intervention - devices OR physiotherapy; mask; Postural Drainage; Positive-Pressure Respiration- PEP- pep mask; Chest physiotherapy;