primary studies - published RCT

Face mask physiotherapy in cystic fibrosis.

Code: PM3524474 **Year:** 1986 **Date:** 1986 **Author:** Tyrrell JC

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

Randomised controlled trial. Cross-over design.

Participants

19 participants, all completed. Ages: 13 years (10-18 years). Mean (SD) age: CCPT: 12.6 years (4.2); FET: 11.8 years (3). 3 excluded from analysis due to non-compliance, mild to moderate disease.

Interventions

CCPT versus PEP.

Outcome measures

PEFR, FEV 0.75, FVC, sputum volume, Schwachman but not reported.

Main results

No difference was shown in symptom scores, sputum production, or simple lung function tests. The mask was well accepted and allowed independent treatment by older patients.

http://dx.doi.org/10.1136/adc.61.6.598

See also

Arch Dis Child. 1986 Jun;61(6):598-600.

Keywords

Adolescent; Child; non pharmacological intervention - devices OR physiotherapy; Self-Management; Positive-Pressure Respiration-PEP- pep mask; Airway clearance technique; Chest physiotherapy; forced expiration technique; Active Cycle of Breathing Technique -ACBT-;