primary studies - published RCT

The value of the forced expiration technique with and without postural drainage in adults with cystic fibrosis.

Code: PM3780897 **Year:** 1986 **Date:** 1986 **Author:** Verboon JM

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

RCT crossover

Participants

8 adults with cystic fibrosis

Interventions

On four mornings the patients followed a 30-min physiotherapy session consisting in a randomized order of either FET in a sitting position following a night of horizontal sleep ("FET"), or FET in a postural drainage position following sleep including postural drainage ("FET/PD").

Outcome measures

lung function, sputum production.

Main results

The lung function parameters studied did not change during either of the two treatments. Sputum yield over 22.5 h before the physiotherapy sessions and over 24 h increased with PD during sleep in patients with more than 30 g of sputum per 24 h (p less than 0.05). PD during the treatment sessions did not further increase sputum production.

Authors' conclusions

This study indicates that sleeping head-down improves expectoration in patients with copious sputum. PD during FET is not needed after sleeping in the head-down position.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/458/CN-00045458/frame.html

See also

European journal of respiratory diseases YR: 1986 VL: 69 NO: 3

Keywords

Adolescent; Adult; Airway clearance technique; Drainage; non pharmacological intervention - devices OR physiotherapy; Percussion; Postural Drainage; forced expiration technique; Chest physiotherapy; Active Cycle of Breathing Technique -ACBT-;