

Other Reviews - - Other Review

# Exercise intolerance, oxidative stress, and irisin in pediatric cystic fibrosis: Can telehealth-based exercise training make a difference?

Code: PM38981171

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

Systematic review

## Participants

Adult and pediatric CF patients who underwent surgical therapy.

## Interventions

Surgical treatment included primarily endoscopic sinus surgery (ESS)

## Outcome measures

Outcome measures included sinonasal symptoms (14/24), endoscopic findings (8/24), pulmonary function testing (8/24), recurrence or revision surgery (5/24), hospitalization (4/24), need for antibiotic therapy (2/24), radiographic findings (2/24), and pulmonary exacerbations (1/24).

## Main results

The level-of-evidence was predominantly Level 4 (21/24); there were no Level 1 evidence studies. Most studies found improvement in symptom measures and endoscopic findings but no improvement in lower airway function after surgical therapy. Postoperative measures of the other outcomes were inconclusive or inconsistent.

## Authors' conclusions

For adult and pediatric CF sinusitis, ESS yielded clinical improvement as measured primarily by sinonasal symptoms and endoscopic findings. It is unclear if surgical intervention modifies lower airway disease. Future prospective studies with predetermined, objective, and validated outcome measures are needed to determine the effectiveness of surgical intervention for CF-related CRS. Overall evidence Grade B/C.

<http://dx.doi.org/10.1016/j.hrtlng.2024.06.016>

## See also

Heart Lung. 2024 Nov-Dec;68:145-153. doi: 10.1016/j.hrtlng.2024.06.016. Epub 2024 Jul 8.

## Keywords

Sinusitis; Respiratory Tract Infections; Respiratory Tract Diseases; Infection; Bacterial Infections; Adult; non pharmacological intervention - surg;