primary studies - published RCT

Effectiveness of nutritional intervention package versus conventional nutritional counseling in pediatric cystic fibrosis: A randomized controlled trial.

Code: PM40946359 **Year:** 2025 **Date:** **Author:** Sharma R

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

Randomized controlled trial

Participants

Seventy children aged 6 months to 18 years with confirmed CF

Interventions

A structured Nutritional Intervention Package (NIP) vs Conventional Nutritional Counseling (CNC

Outcome measures

Nutritional status. The primary outcome was weight gain. Secondary outcomes included changes in height, head circumference, mid-upper arm circumference (MUAC), total skinfold thickness (TSF), and body mass index (BMI). Anthropometric measurements were assessed at baseline, three, and six months.

Main results

Both groups showed significant improvements in anthropometric measurements over time, particularly in terms of weight (F = 51.289, P

Authors' conclusions

These findings highlight the importance of structured nutritional interventions in CF management, regardless of the approach used. Future research should focus on long-term studies, personalized nutritional approaches, and strategies to improve adherence to nutritional regimens in children with CF.

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See also

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Keywords

non pharmacological intervention - diet; non pharmacological intervention - psyco-soc-edu-org; Nutrition Disorders; Behavioural interventions; training; Counseling;