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primary studies - published RCT

## **Impact of telenursing-based family empowerment program on self-efficacy and treatment adherence in children with cystic fibrosis "telenursing and CF".**

**Code:** PM41505831      **Year:** 2026    **Date:**

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

Randomized clinical trial

### **Participants**

50 CF patients between 9 and 17

### **Interventions**

Patients were randomly assigned to two groups: an intervention group (received twelve-week telenursing training via the SendBig website and Skype messenger) or a control group (routine care).

### **Outcome measures**

The child and caregiver demographic information questionnaire, Pediatric Rating of Chronic Illness Self-Efficacy, and Adherence to Treatment Questionnaire were evaluated before, immediately, and one month after the intervention.

### **Main results**

The results showed a significant difference in the mean total scores of self-efficacy and treatment adherence between the two groups, immediately and one month after the intervention (P-value

### **Authors' conclusions**

Considering the improvement of self-efficacy and treatment adherence in the intervention group, it is recommended to use a telenursing-based family empowerment program for children with CF.

<http://dx.doi.org/10.1016/j.pedn.2025.12.028>

### **See also**

J Pediatr Nurs. 2026 Jan 7;87:66-71. doi: 10.1016/j.pedn.2025.12.028.

### **Keywords**

telemedicine; non pharmacological intervention - psycho-soc-edu-org; Home; non pharmacological intervention - devices OR physiotherapy; Organization; Adult; Child; Adolescent; Caregivers; Home Care Services;