*primary studies - published RCT*

# Influence of mist tent therapy on sputum viscosity and water content in cystic fibrosis.

**Code:** PM4425061 **Year:** 1974 **Date:** 1974 **Author:** Rosenbluth M

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

RCT

### Participants

6 CF patients

### Interventions

The first night all patients slept without the mist tent and the first morning sputum was collected for analysis. The following 2 nights patients were randomly allocated to a tent supplied by either a jet or ultrasonic nebulizer.

### Outcome measures

The early morning sputum was analysed for volume, viscosity, water content, and DNA content, an index of purulence

### Main results

There was no relation between sputum viscosity and DNA content, water content, or volume. Furthermore, there was no consistent relation between sputum viscosity or volume expectorated and the presence or absence of an 8-hour stay in the tent with either method of water nebulization.

### Authors' conclusions

These results therefore suggest that mist therapy does not consistently influence sputum viscosity or volume in patients with CF. Above a sputum water content of 90%, further increases in water content do not influence viscosity.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/213/CN-00547213/frame.html

### See also

Archives of Disease in Childhood YR: 1974 VL: 49 DE: RCT NO: 8

### Keywords

Adolescent; Child; Humidity; Inhalation OR nebulised; Water; Airway clearance drugs -expectorants- mucolytic- mucociliary-; mist tent therapy; nebuliser; non pharmacological intervention - devices OR physiotherapy; Respiratory System Agents;