

primary studies - published RCT

## Short-term effects of three chest physiotherapy regimens in patients hospitalized for pulmonary exacerbations of cystic fibrosis: a cross-over randomized study.

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

RCT crossover

### Participants

16 patients with CF, 8 males, 8 females, aged 15-27 years (mean, 20.3 +/- 4), met the inclusion criteria: 1) age over 14 years; 2) mild or moderate airway obstruction; 3) sputum volume > 30 mL/day; 4) being proficient in PD and PEP CPT. Patients at admission had (mean +/- SD) forced volume in 1 second (FEV1) 52.2 +/- 21.9 percent predicted; Shwachman-Kulczycki clinical score 65.1 +/- 11 points; Crispin-Norman chest radiography score 18.6 +/- 4.3 points.

### Interventions

The three CPT regimens and a control-treatment (CONT) were administered in a random sequence, each patient receiving each treatment twice a day (in 50 minute sessions) for 2 consecutive days. During CONT and for 30 minutes after each session only spontaneous coughing was allowed.

### Outcome measures

Wet and dry weight of sputum were recorded during the 50-minute sessions and 30 minutes afterward. Lung function was measured before and 30 minutes after each session. For each treatment a score was given by the patient for efficacy, and by both the patient and the physiotherapist for tolerance.

### Main results

Wet and dry weights of sputum collected during the sessions were greater for all CPT regimens than for CONT (P

<http://dx.doi.org/10.1002/ppul.1950190104>

### See also

Pediatr Pulmonol. 1995 Jan;19(1):16-22.

### Keywords

Adolescent; Adult; Airway clearance technique; Anti-Bacterial Agents; Bacterial Infections; Drainage; Infection; non pharmacological intervention - devices OR physiotherapy; pharmacological\_intervention; Pneumonia; Postural Drainage; Respiratory Tract Diseases; Respiratory Tract Infections; Positive-Pressure Respiration- PEP- pep mask; Exacerbation; Chest physiotherapy;