primary studies - published RCT

The Flutter VRP1 as an adjunct to chest physiotherapy in cystic fibrosis.

Code: PM7809441 **Year:** 1994 **Date:** 1994 **Author:** Pryor JA

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

RCT cross-over design.

Participants

Single centre UK trial. 24 (14 male, 10 female) randomised, but only 20 included in the study. Age range 16 - 36 years; mean age 24.4 years. Stable as according to no clinical findings. Positive sweat test for CF. 4 participants withdrew (3 males, 1 female); 2 had to have drug regimens changed; 2 withdrew due to technical problems with oximeter and sputum collection.

Interventions

ACBT vs Flutter and ACBT, 2 supervised treatments per day then alternate treatment on following day. In addition 2 different postural drainage positions were used, but no statistical difference noted between treatments.

Outcome measures

Respiratory function, wet sputum weight and participant satisfaction.

Main results

The claims could not be substantiated and the possibility of sputum retention was of concern when the Flutter was used as significantly more sputum (P

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See also

Respiratory medicine YR: 1994 VL: 88 NO: 9

Keywords

Adult; Airway clearance technique; Combined Modality Therapy; flutter; non pharmacological intervention - devices OR physiotherapy; Active Cycle of Breathing Technique -ACBT-; Postural Drainage; Chest physiotherapy; oscillating devices;