primary studies - published, non RCT

Efficacy of the Flutter device for airway mucus clearance in patients with cystic fibrosis.

Code: PM8176554 **Year:** 1994 **Date:** 1994 **Author:** Konstan MW

Participants

18 patients with cystic fibrosis and mild to moderate lung disease

Interventions

Flutter was compared with vigorous voluntary coughing and with postural drainage (chest percussion and vibration).

Outcome measures

efficacy of the Flutter in clearing mucus from the airways

Main results

The amount of sputum expectorated by subjects using the Flutter was more than three times the amount expectorated with either voluntary cough or postural drainage (p

Authors' conclusions

The Flutter is simple to use, inexpensive, and fully portable, and once the patient and family are instructed in its use, it does not require the assistance of a caregiver. For hospitalized patients, elimination of the need for a therapist could reduce health care costs. Long-term studies of the use of the Flutter seem justified to determine its effects on pulmonary function and outcome.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/109/CN-00101109/frame.html

See also

J Pediatr. 1994 May;124(5 Pt 1):689-93.

Keywords

Adolescent; Adult; Airway clearance technique; Child; Drainage; flutter; non pharmacological intervention - devices OR physiotherapy; pharmacological_intervention; Postural Drainage; Vibration; Airway clearance drugs -expectorants- mucolytic- mucociliary-; percussion; oscillating devices; Chest physiotherapy;