

primary studies - published RCT

Holding the baby: head downwards positioning for physiotherapy does not cause gastro-oesophageal reflux.

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

RCT, cross-over design

Participants

21 infants (age range 1-27 months) with respiratory disorders (CF=11) undergoing lower oesophageal pH monitoring were recruited.

Interventions

Subjects received two physiotherapy episodes in random order, A/B or B/A, 12 h apart. A began the gravity-assisted positioning head downward tip for: right lower lobe, middle lobe, left lower lobe and lingula; then supine with no tip for anterior segments of the upper lobes followed by apical segments of upper lobes in a sitting position. B was in the reverse order. Intermittent chest clapping was carried out for 4 min in each position by a physiotherapist blinded to the pH data.

Outcome measures

lower oesophageal Ph

Main results

pH from baseline was -0.32 (range -2.07 to +1.0) in non-CF subjects (NS) and -0.52 (range -2.7 to +0.52) in CF subjects (p

Authors' conclusions

the head-downward tipped positioning for physiotherapy treatment neither induces nor aggravates gastro-oesophageal reflux. There is no justification for routinely changing the way in which infant physiotherapy is carried out.

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See also

Eur Respir J. 1998 Oct;12(4):954-7.

Keywords

Gastrointestinal Diseases; Infant; Newborn; non pharmacological intervention - devices OR physiotherapy; Postural Drainage; screening; Intermittent; clapping; Airway clearance technique; Chest physiotherapy;