Chest physiotherapy in Cystic Fibrosis: short-term effects of Autogenic Drainage combined with wet inhalation of saline (saline–AD) versus Autogenic Drainage combined with Intrapulmonary Percussive Ventilation with saline (IPV–AD)

K. Van Cauwelaert, F. Van Ginderdeuren, S. Verbanck, S. Vanlaethem, D. Schuerman, W. Vinken, A. Malthoot, Cystic Fibrosis Center and Department of Pulmonology, AZ-VUB, Brussels, Belgium

Aims: This study compared the short-term effects of two physiotherapy regimens in CF patients: Autogenic Drainage preceded by wet inhalation of saline (saline–AD) versus Autogenic Drainage preceded by Intrapulmonary Percussive Ventilation with saline (IPV–AD).

Methods: Twenty clinically stable CF patients underwent either saline AD or IPV–AD on two consecutive days with similar pulmonary function at baseline. Effectiveness of either physiotherapy regimen was evaluated by measuring oxygen saturation, heart rate, Borg dyspnea score, and mucus wet weight at baseline, after 15 min of either saline or IPV, and after a subsequent 30 min of AD.

Results: There were no significant changes in oxygen saturation, heart rate or Borg score at any point of either physiotherapy intervention. There was no significant difference in sputum wet weight recovered with either saline (2.2±1.8(SD) g) or IPV (1.7±1.9(SD) g) alone. Subsequent AD did produce significantly greater amounts of sputum wet weight (p < 0.0001 for both), yet the amount of wet weight was similar irrespective of whether AD was preceded by saline or IPV (11.6±7.3(SD) g).

Conclusions: In terms of short-term physiotherapy effects, the crucial element with respect to mucus expectoration resides in the Autogenic Drainage. The recovered sputum is similar when the Autogenic Drainage is preceded by aerosol inhalation or by Intrapulmonary Percussive Ventilation. Supported by the Belgian Cystic Fibrosis Association.

Should community physiotherapy be a standard care package with all home intravenous courses?

J. Keane, J. Townsend. The London Chest Hospital Adult Cystic Fibrosis Service, Physiotherapy Dept. Southend Hospital NHS Trust, UK

Aim: To identify if there is significant improvement in the outcome following home intravenous antibiotic therapy (IVAT) with, versus without, community-based physiotherapy input three times a week.

Method: Adults with cystic fibrosis (CF) who have home IVAT and community CF nurse specialist support were asked if they would participate in this study. They were given the choice at the beginning of each course whether or not to have support of community physio. A validated CF quality of life (QoL) questionnaire, an analogue BORG score, clinical measurements including spirometry (FEV1 and FVC) and oxygen saturations were taken pre and post course.

Results: A study of 8 patients, primarily data so far comparing 4 with versus 4 without. They were given the choice at the beginning of each course whether or not to have support of community physio. A validated CF quality of life (QoL) questionnaire, an analogue BORG score, clinical measurements including spirometry (FEV1 and FVC) and oxygen saturations were taken pre and post course.

Conclusion: The study illustrates the efficacy of home IVAT with the additional support of community physiotherapy. The physical group showed a greater improvement in lung function and QoL following IVAT than the group who declined.

Working in partnership with families to openly monitor aerosol therapy with an in-device data logger

P. McCormack, A. McDonald, J.M. Couriel, K.W. Southern. Regional Paediatric CF Centre, Royal Liverpool Children’s Hospital, Liverpool, UK

As technology improves, CF teams will be faced with novel means of monitoring patient treatment. For example, an adaptive aerosol delivery (AAD) device, the AAD, has an in-device data logger measuring date, time and duration of delivery. Traditionally, the monitoring of patient concordance with treatment is undertaken in a covert manner, often as part of a clinical trial. We discussed as a team using this facility in a more open manner in order to facilitate a change in practice in our clinic from a standard nebuliser to the AAD device. We report our experience with twenty patients (mean age, 11.2 yrs, range 2–17 yrs) who have been using the AAD device for an average period of 114 days (range, 18–170). A rapid download of data was possible during clinic visits. The average number of treatments undertaken was 72 (range, 16–102), with treatment times ranging from 2 to 6 minutes (median, 3 minutes). In ten patients, issues with concordance were evident and we were able to adjust management plans to support these families (i.e., giving an increased dose once a day and organising treatments at school). Compliance was excellent in ten patients, although in three long treatment times were shortened by advice on breathing technique. In total, we identified long treatment times in six patients and were able to provide advice to address these issues (in two cases with nasal clips but in most cases with alterations in breathing technique utilising visual feedback from the breathing monitor). Overall patients and families have responded positively to the open monitoring of their treatment and in a significant number this has enabled interventions that may improve treatment times and concordance.