

The efficiency of active cycle of breathing techniques regarding the improvement the quality of life in cystic fibrosis patients

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Abstract

Background: Physiotherapy is well known as one of the most important part of CF patient's management. The right choice of appropriate therapy schema will improve the life's quality of the patients. *The purpose of the study* was to prove the efficiency of Active cycle of breathing techniques at children with cystic fibrosis. The study was performed between September 2006-september 2007 and the lot of study consisted of 20 children (11 girls and 9 boys) with an age range between 6 and 18 years (average 14,8 years) from the records of the Cystic Fibrosis National Centre Timisoara. *The results* showed an improvement in all measured values: general well-being, coughing, physical signs, X-ray signs and CT, bacteriological exam, nutritional status, functional respiratory tests. The statistical briefing of data shows the fact that there are significant statistical difference ($p < 0,05$), before and after treatment in all ventilator index. *The conclusion* of this study was that the chosen technique (ACTB) proved to be very efficient, in improving of respiratory symptoms and ventilator parameters.

Key-words: cystic fibrosis, physiotherapy, active cycle of breathing techniques