

Studien zu Atemphysiotherapie bei Mukoviszidose

Allgemein:

Für eine Literaturrecherche bieten sich neben Fachzeitschriften viele digitale Literaturdatenbanken an, z.B.

- Pubmed 
- PEDro 
- Cochrane Library 
- Science Direct 
- Google Scholar 

Dort können Abstracts (=Zusammenfassung einer Studie mit Hintergrund, Methodik, Ergebnissen und Schlussfolgerung) oder auch Volltexte gelesen werden.

Geeignete Stichworte für eine englischsprachige Literaturrecherche sind:

- *Cystic Fibrosis*
- *(Respiratory) Physiotherapy/ (Chest) Physical Therapy/ Airway Clearance (Techniques)*

Die Stichworte können mit Operatoren wie „AND“ und „OR“ verknüpft werden, um die Trefferzahl relevanter Literatur auf die zu suchende Thematik einzugrenzen.

Die nachfolgenden Studien sind ein Auszug einer Literaturrecherche über die Datenbanken Pubmed, PEDro und Cochrane ohne Anspruch auf Vollständigkeit (Sucheingabe: „Airway Clearance“ AND „Cystic Fibrosis“).

Stand: 01.04.2026 (verfasst von Dr. Tina Büttner)

Cochrane Library

(=systematische Reviews, bei denen AutorInnen mehrere Studien der gleichen Thematik zusammengefasst betrachten und interpretieren; geordnet nach dem Jahr der Veröffentlichung)

1. Calthorpe R, Smith S, Jahnke N, Smyth AR. Digital technology for monitoring adherence to inhaled therapies in people with cystic fibrosis. Cochrane Database of Systematic Reviews 2025, Issue 12. Art. No.: CD013733. DOI: 10.1002/14651858.CD013733.pub3.
2. Sousa AS, Rocha-Filho CR, Rocha A, Piva SR, Jahnke N, Trevisani VFM, Pinto ACPN. Non-invasive ventilation for cystic fibrosis. Cochrane Database of Systematic Reviews 2025, Issue 11. Art. No.: CD002769. DOI: 10.1002/14651858.CD002769.pub6.
3. Jones M, Moffatt F, Harvey A, Ryan JM. Interventions for improving adherence to airway clearance treatment and exercise in people with cystic fibrosis. Cochrane Database of Systematic Reviews 2023, Issue 7. Art. No.: CD013610. DOI: 10.1002/14651858.CD013610.pub2.
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5. Wark P, McDonald VM, Smith S. Nebulised hypertonic saline for cystic fibrosis. Cochrane Database Syst Rev. 2023 Jun 14;6(6):CD001506.
6. Warnock L, Gates A. Airway clearance techniques compared to no airway clearance techniques for cystic fibrosis. Cochrane Database Syst Rev. 2023 Apr 12;4(4): CD001401.
7. Stanford G, Morrison L, Brown C. Nebuliser systems for drug delivery in cystic fibrosis. Cochrane Database of Systematic Reviews 2023, Issue 11. Art. No.: CD007639.DOI: 10.1002/14651858.CD007639.pub3.
8. Wilson LM, Saldanha IJ, Robinson KA. Active cycle of breathing technique for cystic fibrosis. Cochrane Database Syst Rev. 2023 Feb 2;2(2):CD007862. doi: CD007862.
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13. Morrison L, Milroy S. Oscillating devices for airway clearance in people with cystic fibrosis. Cochrane Database Syst Rev. 2020;4:CD006842.
14. Stanford G, Ryan H, Solis-Moya A. Respiratory muscle training for cystic fibrosis. Cochrane Database Syst Rev. 2020;12:CD006112.
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16. McIlwaine M, Button B, Nevitt SJ. Positive expiratory pressure physiotherapy for airway clearance in people with cystic fibrosis. Cochrane Database Syst Rev. 2019;2019(11).
17. Wilson LM, Morrison L, Robinson KA. Airway clearance techniques for cystic fibrosis: an overview of Cochrane systematic reviews. Cochrane Database Syst Rev. 2019;1:CD011231.
18. Freitas DA, Chaves GSS, Santino TA, Ribeiro CTD, Dias FAL, Guerra RO, et al. Standard (head-down tilt) versus modified (without head-down tilt) postural drainage in infants and young children with cystic fibrosis. Cochrane Db Syst Rev. 2018(3).

Pubmed und PEDro

(=vorrangig Interventions- und Beobachtungsstudien, aber auch Literaturzusammenfassungen und internationale Empfehlungen)

Um einen Überblick erhalten zu können, wird nur ein Auszug von 100 Studien, geordnet nach dem Jahr der Veröffentlichung, gezeigt:

1. Urquhart DS, Taylor E, Cunningham S, Lewis S, Neilson AR, Soilemezi D, Ensor H, Vogiatzis I, Allen LJ, Saynor ZL; ExACT-CF Study Group. Safety, feasibility and efficacy of exercise as an airway clearance technique in cystic fibrosis: a randomised pilot feasibility trial. *Thorax*. 2026 Jan 15;81(2):140-149. doi: 10.1136/thorax-2025-223080. Erratum in: *Thorax*. 2026 Feb 16;81(3):e1. doi: 10.1136/thorax-2025-223080corr1. PMID: 41033804; PMCID: PMC12911658.
2. Reyhler G, Leal T, Gohy S, Aubriot AS. Effect of an airway clearance technique on nebulized drug delivery in patients with CF: A randomized cross-over trial. *Physiotherapy*. 2026 Jan 7:101875. doi: 10.1016/j.physio.2026.101875. Epub ahead of print. PMID: 41820130.
3. Taylor E, Soilemezi D, Urquhart DS, Cunningham S, Lewis S, Neilson AR, Ensor H, Vogiatzis I, Allen L, Saynor ZL; ExACT-CF study group. Exploring Exercise as Airway Clearance in Cystic Fibrosis: A Qualitative Study From the ExACT-CF Feasibility Trial. *Pediatr Pulmonol*. 2026 Jan;61(1):e71470. doi: 10.1002/ppul.71470. PMID: 41587390; PMCID: PMC12834544.
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5. Helper N, Ashkenazi M, Sokol G, Dagan A, Efrati O. A Novel Medical Device for Airway Clearance. *J Clin Med*. 2025 Jan 30;14(3):907. doi: 10.3390/jcm14030907. PMID: 39941578; PMCID: PMC11818876.
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10. Gambazza S, Mariani A, Guarise R, Ferrari B, Carta F, Brivio A, Bizzarri S, Castellani C, Colombo C, Laquintana D. Short-term effects of positive expiratory pressure mask on ventilation inhomogeneity in children with cystic fibrosis: A randomized, sham-controlled crossover study. *Pediatr*

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