

Airway Clearance Therapy

1. Airway clearance therapy is recommended for all patients with cystic fibrosis (B).
2. In general, there are no therapies of airway clearance that have been demonstrated to be superior to others (B).
3. For the individual, one form of airway clearance therapy may be superior to others. The prescription of airway clearance therapy should be individualized based on factors such as age, severity of pulmonary disease, patient preference, among others (consensus).
4. Aerobic exercise is recommended for patients with cystic fibrosis as an adjunctive therapy for airway clearance and its additional benefits to overall health (B).

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Recommendation Grade Definitions

- A The Committee recommends the service. There is high certainty that the net benefit is substantial.
- B The Committee recommends the service. There is high certainty that the net benefit is moderate or there is moderate certainty that the net benefit is moderate to substantial.
- C The Committee recommends against routinely providing the service. There may be considerations that support providing the service to an individual patient. There is moderate or high certainty that the net benefit is small.
- D The Committee recommends against the service. There is moderate or high certainty that the service has no net benefit or that the harm outweighs the benefits.
- I The Committee concludes that the current evidence is insufficient to assess the balance of benefits and harms of the service. Evidence is lacking, of poor quality, or conflicting, and the balance of benefits and harms cannot be determined.