



Can exercise replace airway clearance techniques for people with CF?

Welcome to our survey

Can exercise replace airway clearance techniques for people with CF?

This was recently chosen by the CF community as one of the top 10 research questions to be answered by research.

If you are a person with CF, a parent of children with CF or a Healthcare professional working with CF, please help us make a start to answer this by taking part in the following questionnaire as honestly as you can.

Please be assured that this survey remains completely anonymous. This means that you will not be identifiable from the answers you provide. If you leave your contact details for further involvement activities these will be separated from your survey answers before they are looked at.

Many thanks,

The Evidence Based Child Health Team at The University of Nottingham, UK

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* 1. Are you

- A person with CF
- A parent of a child / children with CF
- Spouse or partner of a person with CF
- Other relative or friend of a person with CF
- A Healthcare professional looking after people with CF

Thank you so much for helping us by completing this questionnaire.

Please click below to submit your answers



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Airway clearance

2. What airway clearance techniques do you / your child currently use? *(please tick all that apply)*

- Conventional chest physiotherapy (e.g. percussion)
- Positive expiratory pressure (PEP)
- High pressure PEP
- Active cycle of breathing techniques
- Autogenic drainage
- Airway oscillating devices (e.g. Flutter, Cornet, Acapella, Quake, interpulmonary percussive ventilation)
- External high frequency chest compression devices (e.g. The Vest, ThAIRapy Vest, SmartVest, Hayek Oscillator)
- Exercise alongside other airway clearance
- Exercise on its own
- None
- Other (please specify)

3. How many times a day do you / your child do airway clearance?

- I / they don't do airway clearance techniques
- Once a day
- Twice a day
- Other (please specify)

4. How long do you / your child spend each day doing airway clearance?

- Up to 15 minutes
- 15 - 30 minutes
- 30 - 45 minutes
- 45 minutes to an hour
- It varies - I don't always spend the same amount of time.
- Other (please specify)

5. Do you / your child ever skip doing airway clearance?

- Always
- Often
- Sometimes
- Never

Can you tell us more about what makes you do airway clearance more or less often than agreed with the healthcare team?



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Exercise

6. Do you / your child do any regular exercise as part of your normal routine?

- Yes, every day
- Yes, 3 - 5 times a week
- Once or twice a week
- It varies depending on availability, health, other commitments etc.
- Never
- Other (please specify)

7. What sort of exercise do you / your child ever participate in? (include organised exercise such as team sports, exercise classes etc and informal activities such as walking, running, trampolining etc)

8. Why do you / your child exercise?

- Because I enjoy it
- For my general health
- For my lung health
- To meet people/socialise
- Because my CF Team recommended it
- Other (please specify)

9. What type of exercise do you feel benefits you / your child most?

10. What sort of things would stop you / your child from doing exercise?

11. What would encourage you / your child to do more exercise?

12. Do you / your child use any apps or activity trackers to monitor physical activity?

- Yes
- No

Please tell us more about what you use and whether you find it helpful.



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Replacing airway clearance with exercise

13. Do you / your child ever drop an airway clearance session if you have exercised?

- Often
- Sometimes
- Never

Please tell us more

14. Do you feel that exercise can help to clear the lungs?

- Yes
- No
- Depends on the type of exercise
- Other

15. Which forms of exercise do you feel can help clear your / your child's lungs?

16. How would you tell if exercise was working to clear your / your child's lungs? *(please tick all that apply)*

- I / they would "feel better"
- Reduced symptoms such as coughing
- Improved lung function (e.g. FEV1, oxygen sats)
- Better sputum production/coughing up phlegm
- Less breathlessness / walk further before getting short of breath
- Reduced number / severity of chest infections
- Other (please specify)



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Health Care Professionals

17. Which professional group are you a member of?

- Physiotherapist
- Respiratory Paediatrician
- Respiratory Physician
- Gastroenterologist
- General Practitioner
- Junior Doctor
- Nurse
- Dietitian
- Psychologist
- Pharmacist
- Researcher
- Social worker

Other (please specify)



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Airway clearance

18. What airway clearance techniques do you regularly recommend? *(please tick all that apply)*

- Conventional chest physiotherapy (e.g. percussion)
- Positive expiratory pressure (PEP)
- High pressure PEP
- Active cycle of breathing techniques
- Autogenic drainage
- Airway oscillating devices (e.g. Flutter, Cornet, Acapella, Quake, interpulmonary percussive ventilation)
- External high frequency chest compression devices (e.g. The Vest, ThAIRapy Vest, SmartVest, Hayek Oscillator)
- Exercise alongside other airway clearance
- Exercise on its own
- None
- Other (please specify)

19. What factors affect your choice of airway clearance technique?

20. How do you measure benefit from airway clearance? *(please tick all that apply)*

- Patient reports of feeling better
- Improvement in symptoms e.g. reduced coughing
- Improved lung function (e.g. FEV1, oxygen sats)
- Better sputum production
- Less breathlessness / walk further before getting out of breath
- Reduction in frequency / severity of exacerbations
- Other (please specify)



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Exercise

21. Do you ever prescribe / suggest exercise as a way of supporting airway clearance techniques?

- Yes
- No

Please tell us more

22. Do you ever prescribe / suggest exercise as the primary airway clearance technique?

- Yes
- No

In what circumstances might this happen?

23. Do you ever suggest / prescribe exercise for other reasons?

24. Which patients do you feel would benefit most from exercise as a method of airway clearance?

25. Are there any patients / patient groups where exercise wouldn't be beneficial?

26. In terms of airway clearance, which forms of exercise do you feel would benefit people with CF? (please tick all that apply)

High intensity exercise (e.g. running, aerobics, swimming)

Low impact exercise (e.g. pilates, yoga)

Other (please specify)

27. How important is the intensity / frequency of exercise for airway clearance? Please tell us your thoughts and/or experiences

28. Would you support a trial of replacing some or all airway clearance techniques with exercise?

Yes

No

Other (please specify)



Thank you for your help so far, please tell us a little bit about yourself and finally if you have any additional ideas about how we can answer this question.

29. Age in years of person filling in survey

30. Age in years of person with CF (if parent/family)

31. Which country do you live in?

32. Would you be interested in continuing to be a Question CF contributor by taking part in future surveys? If you agree to us contacting you again, please tick the yes option below to allow us to keep your contact details (as per GDPR, we will store your contact details separately from your survey responses and will not share your details with any other organisation).

- Yes (please leave your email in the comment box below)
- No thank you

33. Would you be interested in becoming a member of the Question CF advisory group for the opportunity to take part in more in depth discussions and designing of research trials? (via phone or internet). If you agree to us contacting you again, please tick the yes option below to allow us to keep your contact details (as per GDPR, we will store your contact details separately from your survey responses and will not share your details with any other organisation).

- Yes (please leave your email in the comment box below)
- No thank you

34. email address

35. If you would like to suggest an idea for a research trial to look into how exercise could replace airway clearance techniques, please feel free to write your suggestion here

Thank you for your contribution, it is very much appreciated

please click below to submit your answers