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Title: Mucus clearance devices in bronchiectasis: Indian experience

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Body: Introduction: Mucus accumulation contributes to recurrent respiratory infections in bronchiectasis. Aim: To study the impact of mucus clearance device (Lung FluteTM) in addition to breathing exercises and postural drainage in patients of bronchiectasis. Methods: 50 patients of post infective bronchiectasis were divided into two groups of 25. Group A was taught deep breathing exercises and postural drainage, while group B was told to use mucus clearance device (Lung Flute) in addition. Infective exacerbations, additional clinic visits, need for antibiotics, severity of episode and loss of working days were evaluated at the end of 6 months. Results: The group B had on an average fewer infective exacerbations (1 vs 3) than group A. Parallel to the same, there were few additional visits to the clinic by group B patients (1 vs 3). Group B patients lost on an average fewer days at work (2 days) versus group A (8 days). Group B patients also had no serious respiratory infection requiring hospitalization as compared to group A (average 1 hospitalization). Group A patients had a casual attitude towards deep breathing exercises and postural drainage. Many missed their daily exercise schedule. Similar defaults were observed in Group B patients, but they were surprisingly compliant with the mucus clearance device. Average cost of device (35 - 50 US\$) was very nominal compared to the cost of hospitalization due to infection (200 - 300 US\$). Conclusion: Patient acceptance of mucus clearance devices is good. Patients tend to use these technical devices regularly and with seriousness as compared to breathing exercises and postural drainage. Physicians and physiotherapists should encourage use of such devices in addition to routine therapy.