

GRIP STRENGTH, PHYSICAL ACTIVITY LEVELS, AND BODY COMPOSITION IN THE MODULATOR ERA: INSIGHTS FROM PAEDIATRIC CYSTIC FIBROSIS

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A prospective observational study of 82 children with cystic fibrosis found weak correlations between hand grip strength, physical activity scores, and lung function, but no correlation between body composition or BMI and these performance measures.

KEY POINTS

- Hand grip strength and physical activity scores (Modified Godin Scale) showed weak positive correlations with FEV1 ($R^2=0.121$ and 0.077 respectively) and with each other ($R^2=0.115$).
- Neither hand grip strength nor physical activity scores correlated with BMI, fat mass percentile, or skeletal muscle mass percentile in this cohort.
- No significant differences were found in any investigated parameters between the 66 patients receiving CFTR modulator therapy and the 16 modulator-naïve patients, though modulator groups showed a trend for higher anthropometric z-scores.
- Based on Modified Godin Scale Score, 95% of the 82 children (mean age 12.4 years) were classified as active, with mean FEV1 of 92.8%.
- The authors conclude that hand grip strength, physical activity scores, and FEV1 may be useful in assessing functional and physical performance in paediatric CF patients independent of body composition measures.

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