

# Cystic Fibrosis Research News

**Title:**

Characteristics associated with cystic fibrosis-related pulmonary exacerbation treatment location

**Lay Title:**

Pulmonary exacerbation treatment location

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**What was your research question?**

We looked at where adults with cystic fibrosis received treatment for pulmonary exacerbations: at home or at hospital.

**Why is this important?**

Some research has shown treatment in hospital can lead to better results like better breathing. Still, pulmonary exacerbations are often treated at home for many reasons, including that patients are more comfortable at home and prefer to be treated there.

**What did you do?**

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We made two separate comparisons: 1) those who were treated *initially* in hospital to those treated *initially* at home and 2) those treated *only* in hospital to those who were treated *only* at home or *both* at home *and* in hospital.

## What did you find?

We found that people who had Medicaid insurance, were treated for shorter times, and who travelled longer to reach treatment centers were more likely to have been treated *initially* in the hospital. Having Medicaid insurance, being treated for shorter times, and being male made people more likely to have been treated *only* in the hospital. Also having been treated in the hospital for past exacerbations made people more likely to be treated in the hospital for their next exacerbations.

## What does this mean and reasons for caution?

Even though people might do better in the long run if their pulmonary exacerbations are treated in the hospital rather than at home, we found that where people are treated depends on practical factors like what insurance they have, rather than clinical factors like how sick they are. But we didn't interview people with CF, their caregivers, or their providers to find out more about why they were treated where they were, so we didn't know all the reasons that treatment happened where it did.

## What's next?

People with CF, their caregivers, and people who set healthcare policies should think about the best health outcomes **and** pragmatic factors when they decide where treatment for pulmonary exacerbations should take place.

## Original manuscript citation in PubMed

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