

An aerial photograph of a coastal town and harbor, likely in Sicily, is shown on the right side of the cover. The town has red-tiled roofs and is built on a hillside overlooking a blue harbor filled with boats and yachts. The image is partially obscured by large, overlapping geometric shapes in shades of blue and green.

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**XIV CONGRESSO NAZIONALE DELLA  
SOCIETÀ ITALIANA PER LO STUDIO DELLA  
FIBROSI CISTICA**

**RIASSUNTI**

**A36****The role of nasal washes in patients with Cystic Fibrosis affected by chronic rhinosinusitis**

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**Background**

Cystic Fibrosis (CF) presents multiorgan manifestations that include chronic rhinosinusitis (CRS) with or without nasal polyposis. Nasal washes (NWs) are widely used in clinical practice especially in CF patients, although their effectiveness on Ear Nose Throat (ENT) symptoms is controversial.

In this study we evaluate the performance and the safety of a NWs solution, with or without surfactant, to reduce symptoms and bacterial load.

**Materials and methods**

We enrolled 20 CF patients (mean age: 27,6 years) with CRS, confirmed by nasal endoscopy. All patients, colonized by *Pseudomonas Aeruginosa*, performed daily a NW by physiological solution or by saline solution with surfactant (Naridek). All patients, at the time of enrollment, filled out a sinonasal questionnaire (SNAQ11) and they received instructions for proper washing. During follow-up, we evaluated the reduction of the bacterial load in the nasal lavage. We assessed the nasal cavities by endoscopy (2.7 mm 30° rigid endoscope - Storz, Tuttlingen, Germany) according to a modified Lund Kennedy endoscopic scoring system:

- rhinorrhea (present = 0, mild = 1, purulent = 2);
- edema, and hyperemia (absent = 0, mild = 1 or severe = 2)
- nasal mucosa (eutrophic = 1; hyperemic = 2; dystrophic = 3);
- left and right turbinate hypertrophy (none = 0; mild = 1; medium = 2; and serious = 3).

All subjects underwent the Sniffin' Sticks to evaluate the olfactory performance.

**Results**

Twelve patients completed 4 months of treatment: 6 patients performed the treatment with Naridek and 6 patients with physiological solution.

Due to the small sample size, the scores were added together to have an overall indication of the treatment (Table 1)

Table 1. Results

	Nasal endoscopy	ENT signs score	Olfactory performance	SNAQ 11
Naridek V1	80	72*	169	197**
Naridek V4	15*	15*	159	98**
Physiological solution V1	68	61	151	166
Physiological solution V4	52	39	159	152

\*P<0.05 \*\* p< 0,01

The bacterial colonization in NWs shows no statistically significant difference. However, in 2 patients,