Halotherapy for Respiratory Diseases in Adults and Children: Clinical Effectiveness
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Research Question

What is the clinical effectiveness of halotherapy for respiratory diseases in adults and children?

Key Findings

One systematic review, two randomized controlled studies, and one non-randomized study were identified regarding the clinical effectiveness of halotherapy for respiratory diseases in adults and children.

Methods

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2012 and October 16, 2017.

Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

Table 1: Selection Criteria

<table>
<thead>
<tr>
<th>Population</th>
<th>Adults and children with respiratory diseases including, but not limited to, asthma, bronchiectasis, and cystic fibrosis</th>
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<tbody>
<tr>
<td>Intervention</td>
<td>Halotherapy</td>
</tr>
<tr>
<td>Comparator</td>
<td>Standard of care; No treatment; No comparator (safety only)</td>
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<tr>
<td>Outcomes</td>
<td>Clinical effectiveness, safety, improvement in symptoms</td>
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<tr>
<td>Study Designs</td>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies</td>
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Results

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials and non-randomized studies.

One systematic review, two randomized controlled studies, and one non-randomized study were identified regarding the clinical effectiveness of halotherapy for respiratory diseases in adults and children. No relevant health technology assessments were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses

Chronic Obstructive Pulmonary Disease (COPD)


Randomized Controlled Trials

Asthma


Non-Randomized Studies

Non-Cystic Fibrosis Bronchiectasis

Appendix — Further Information

Randomized-Controlled Trial – Alternative Intervention


Pilot Study


Review Articles