Lung function is abnormal in 3-month-old infants with cystic fibrosis diagnosed by newborn screening

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ABSTRACT

Background Long-term benefits of newborn screening (NBS) for cystic fibrosis (CF) have been established with respect to nutritional status, but effects on pulmonary health remain unclear.

Hypothesis With early diagnosis and commencement of standardised treatment, lung function at ~3 months of age is normal in NBS infants with CF.

Methods Lung clearance index (LCI) and functional residual capacity (FRC) using multiple breath washout (MBW), plethysmographic (pleth) FRC and forced expirations from raised lung volumes were measured in 71 infants with CF (participants in the London CF Collaboration) and 54 contemporaneous healthy controls age ~3 months.

Results Compared with controls, and after adjustment for body size and age, LCI, FRC_{MBW} and FRC_{pleth} were significantly higher in infants with CF (mean difference (95% CI): 0.5 (0.1 to 0.9), p=0.02; 0.4 (0.1 to 0.7), p=0.02 and 0.9 (0.4 to 1.3), p=<0.001, z-scores, respectively), while forced expiratory volume (FEV_{0.5}) and flows (FEF_{25-75}) were significantly lower (~0.9 (1.3 to 0.6), p<0.001 and -0.7 (1.1 to -0.2), p=0.004, z-scores, respectively). 21% (15/70) of infants with CF had an elevated LCI (>1.96 z-scores) and 25% (17/68) an abnormally low FEV_{0.5} (below -1.96 z-scores). While only eight infants with CF had abnormalities of LCI and FEV_{0.5}, using both techniques identified abnormalities in 35% (24/68). Hyperinflation (FRC_{pleth} >1.96 z-scores) was identified in 18% (10/56) of infants with CF and was significantly correlated with diminished FEF_{25-75} (r = -0.43, p < 0.001) but not with LCI or FEV_{0.5}.

Conclusion Despite early diagnosis of CF by NBS and protocol-driven treatment in specialist centres, abnormal lung function is evident in many screened infants with CF by 3 months of age.

Key messages

What is the key question?

Is lung function normal at 3 months of age in infants with cystic fibrosis (CF) diagnosed via newborn screening?

What is the bottom line?

Despite early diagnosis of CF by newborn screening and protocol-driven treatment in specialist centres, abnormal lung function is evident in many screened infants with CF by 3 months of age.

Why read on?

This study, the largest of its kind and the only one with contemporaneous healthy controls, describes early lung development in newborn screened infants with CF.

INTRODUCTION

The prognosis of cystic fibrosis (CF) has improved dramatically over the years due to implementation of aggressive treatment to optimise nutrition and pulmonary health following diagnosis and increasing global uptake of newborn screening (NBS) for CF.
measurements during the preschool years are highly predictive of LF at 6–10 years of age.\textsuperscript{13} During infancy, complementary information is provided if the forced expiratory manoeuvres\textsuperscript{14} and MBW are undertaken.\textsuperscript{20} Nevertheless, the extent to which infant LF tests should be used to help guide CF management during infancy remains controversial.\textsuperscript{21}

Since universal CF NBS was implemented in the UK in October 2007, the median age of CF diagnosis has fallen to \textasciitilde 1 month.\textsuperscript{22} However, there have yet to be any large randomised controlled trials of treatment in this age group. For these to be initiated, it is vital to have a greater understanding of the natural history of lung disease in such infants. This study aimed to determine baseline LF within the first 3 months of age in NBS infants with CF and compare findings to prospectively recruited healthy infants of similar age. We hypothesised that, with early diagnosis and commencement of standardised specialist treatment, there would be no difference in LF by 3 months of age in NBS infants with CF compared with healthy babies.

**METHODS**

As part of a longitudinal collaborative research program of infants with CF diagnosed by NBS (see online supplement), this study received ethical approval (#09/H071/314) from the North Thames Multi-Centre Research Ethics Committee (REC) and the local RECs of the participating specialist centres.

NBS infants with CF born between January 2009 and July 2011 were eligible for recruitment to the London CF Collaborative (LCFC). Healthy full-term infants of similar age were recruited prospectively from a London community (for details, including eligibility criteria, see online supplement, section 2). Lung function tests (LFTs) at 3 months were completed.

**Study protocol**

**Clinical data**

With parental consent, participating centres prospectively completed case record forms (CRFs) at diagnosis and each subsequent clinic visit, documenting mode and date of diagnosis, presentation, genotype, history of respiratory symptoms and/or infection, microbiology, treatment, somatic growth and additional investigations undertaken for clinical purposes. These forms enabled auditing and tracking of participating CF centres’ adherence to a standardised study treatment protocol (online supplement, section 6) in accordance to the UK CF Trust guidelines.\textsuperscript{23}

Following diagnosis, all infants were commenced on multivitamins, pancreatic supplements if appropriate, and prophylactic fluocxacillin according to the standardised study treatment protocol (online supplement, section 6). Cough swabs were taken every 2–3 months at clinics and whenever symptomatic, using a standardised protocol for collection, storage and analysis of samples.\textsuperscript{24}

**Lung function testing and anthropometry**

All infants were tested at Great Ormond Street Hospital/UCL Institute of Child Health at \textasciitilde 3 months postnatal age, when clinically stable and at least 3 weeks after any respiratory tract illness. Infants were weighed and examined, oxygen saturation (SpO$_2$) levels were measured (Masimo Radical-7 pulse oximeter, Irvine, California, USA) and vital signs assessed prior to administering chloral hydrate orally (60–100 mg/kg). Weight and crown-heel length were expressed as z-scores to adjust for age and sex.\textsuperscript{25} LFTs were performed during epochs of quiet sleep with the child lying supine. Heart rate and SpO$_2$ were monitored continuously throughout testing. Infant urine or maternal saliva samples were collected for cotinine assay to validate parental reported smoking habits (online supplement, section 5, table E4). Parents provided informed written consent and were present throughout measurements.

LCI, a measure of ventilation inhomogeneity, and functional residual capacity (FRC$_{MBW}$) were measured with MBW, using a respiratory mass spectrometer and customised software.\textsuperscript{26} The Jaeger BabyBody device (V4.65; Care Fusion, San Diego, California, USA) was used to measure plethysmographic FRC (FRC$_{baby}$)\textsuperscript{26} total respiratory compliance (C$_{rs}$) and resistance (R$_{rs}$),\textsuperscript{26} forced expiratory volume (FEV$_{0.5}$), forced vital capacity (FVC) and forced expiratory flows (FEF$_{75}$, FEF$_{25–75}$) from an inflation pressure of 50 cmH$_2$O using the raised volume technique.\textsuperscript{19} Measurements were always performed in that order. Details of data collection and analysis as described previously\textsuperscript{27–30} are summarised in the online supplement. Results were expressed as z-scores to adjust for body size, sex and age if appropriate using reference equations derived from up to 140 healthy white infants studied in our department over the past decade using identical equipment and protocols.\textsuperscript{19}\textsuperscript{31}\textsuperscript{32} (online supplement, section 3). Abnormal lung function was defined as results outside the 95% limits of normal (ie, below \textasciitilde 1.96 z-scores for FEV$_{0.5}$ or \textasciitilde 1.96 z-scores for LCI (<2.5th or >97.5th centile respectively).

**Statistical analysis and power of study**

Comparisons of group differences were performed using student t tests for continuous variables (age, body size and LFT z-scores) or $\chi^2$ analyses for categorical variables (sex, ethnicity, maternal smoking, parental occupation and asthma) (PASW Statistics V18). Within the CF group, the relationship between LFT outcomes was quantified using Pearson correlations. Multiple linear regression analyses were used to quantify impact of maternal smoking (data not shown) and the extent to which potential clinical determinants (CF genotype, respiratory symptoms, cough swab culture and antibiotic use) are associated with LFT outcomes within the CF group after adjustment for sex and current body size. Model estimates and differences between groups are presented with 95% CIs. Taking into account two primary outcomes (LCI and FEV$_{0.5}$) a sample size of 70 infants with CF and 50 controls (equivalent to 58 in each group) will allow detection of differences equivalent to 0.58 or 0.66 z-scores at the 5% significance level with 80% or 90% power, respectively.\textsuperscript{33} Statistical significance was taken as p<0.05.

**RESULTS**

During the study period, 110 infants screened positive for CF, of whom successful LFT measurements were obtained in 79 (71\% of those eligible). Inspection of the prospective CRFs, and regular discussion with consultants, suggested that the standardised treatment protocol had been adhered to in all infants at the time of testing. Details are summarised in figure 1, including success rates for each LFT. For clarity, the results presented here are limited to those without meconium ileus (n=71), although including such infants did not affect the results (data not shown). Of the 274 families with potentially eligible healthy infants whom we contacted, 39 (14\%) were ineligible. Of the remaining 235, 54 (23\% of those eligible) attended for LFTs (figure 1, details in figure E1, online supplement).

Median (IQR) age at diagnosis for the CF infants was 3.6 (3.1–4.4) weeks; the majority were either homozygous (59\%) or heterozygous (32\%) $\Delta F 508$ and 8 (11\%) were pancreatic.
Aspergillus fumigatus infants with CF received had had prior cough and/or wheeze. Thus in total, 52 (73%) NBS for infants on diagnosis. No infant had positive cough swab culture and four with Staphylococcus aureus a lower body mass index than the controls. The change in infants with CF were significantly lower in infants with CF than in controls (table 2).

**Lung function results**

Technically satisfactory measurements of LCI and FRC\textsubscript{MBW} were obtained in 121 infants (97% of those in whom they were attempted), forced expired volumes and flows in 120 (96%), plethysmographic FRC in 103 (82%), Crs and Rrs in 88 (70%) (figure 1, table 3). Failures were largely due to infants waking prior to completion of the test protocol or technically unacceptable data. With the exception of tidal volume, which was significantly different for any of the tidal breathing outcomes or passive respiratory mechanics (C\textsubscript{rs} and R\textsubscript{rs}), there were no significant differences for any of the tidal breathing outcomes or passive respiratory mechanics (C\textsubscript{rs} and R\textsubscript{rs}). LCI was significantly higher in those with CF, whether expressed as absolute values (online supplement, table E2) or as z-scores (table 3, figure 5). Similarly after adjustment for age, length and sex, FRC\textsubscript{MBW} was significantly higher (0.5 z-scores) in infants with CF compared with healthy controls, by between 10th percentile. After taking age and sex into account, significantly greater proportion having birth weights <10th percentile. 

![Flow diagram showing success rates in relation to recruitment and achievement of technically acceptable infant lung function outcomes in NBS infants with CF (A) and healthy controls (B).](http://thorax.bmj.com/)

**Figure 1** Flow diagram showing success rates in relation to recruitment and achievement of technically acceptable infant lung function outcomes in NBS infants with CF (A) and healthy controls (B). CF, cystic fibrosis; C\textsubscript{rs}, total respiratory compliance; FRC\textsubscript{MBW}, functional residual capacity; LCI, lung clearance index; MBW, multiple breath washout; NBS, newborn screening; PFT, pulmonary function test; pleth, plethysmographic; R\textsubscript{rs}, total respiratory resistance; RTC, Rapid Thoraco-abdominal Compression.

**Figure 2** Clinical symptoms and additional antibiotic treatment* of newborn screened infants with cystic fibrosis (CF) prior to lung function tests. Although mothers of infants with CF occasionally reported mild symptoms (slight cough or mild snuffles) in the weeks prior to LFTs, on the day of the test all infants had clear chests on auscultation with no sign of blocked nostrils or cough. Reports of significant symptoms included previous wheeze, crackles, tachypnoea with or without cough and cold. *Antibiotic prescribed in addition to prophylactic flucloxacillin due to respiratory symptoms and/or positive growth on cough swab. See online supplement for standardised treatment protocol. AB, antibiotic; HI, Haemophilus influenzae; IV, intravenous; PsA, Pseudomonas aeruginosa; SA, Staphylococcus aureus.

![Clinical symptoms and additional antibiotic treatment](http://thorax.bmj.com/)

**Table 1** summarises background characteristics of study participants. With the exception of a slightly lower, but statistically significant, gestational age, both groups were very similar.

Infant details at the time of LFTs are shown in table 2. NBS infants with CF were on average 1 week younger than healthy controls, with a significantly greater proportion having birth weights <10th percentile. After taking age and sex into account, infants with CF were significantly lighter and shorter and had a lower body mass index than the controls. The change in weight z-score between birth and LFT was significantly lower in infants with CF than in controls (table 2).

![Table 1](http://thorax.bmj.com/)

**Table 1** summarises background characteristics of study participants. With the exception of a slightly lower, but statistically significant, gestational age, both groups were very similar.
expressed as absolute values or weight-corrected ratios is presented in Table E2 of the online supplement.

**Additional determinants of lung function**

On multivariable analyses, after adjustment for CF, other potential determinants (sex, gestational age, birth weight z-score, pre- and postnatal maternal smoking and maternal asthma) were not significantly associated with any LF z-scores. Among infants with CF, with the exception of a significantly lower FEV₀.₅ (mean [95% CI]: –0.70 (–1.29 to –0.10) z-scores) in those who had received any additional antibiotics for symptoms or positive cough swab, there was no significant association between LF outcomes and the infants’ genotype, clinical status or treatment prior to LFTs at ~3 months of age (see table E3, OLS).

**Relationship between different lung function outcomes in infants with CF**

The relationship between selected LF outcomes in infants with CF is shown in figure E2 (online supplement). There was no significant relationship between the two primary outcomes FEV₀.₅ and LCI (r = –0.10, p = 0.452). Twenty-one percent of infants had an LCI above 1.96 z-scores, whereas 25% had an FEV₀.₅ below –1.96 z-scores, whereas only 12% (3/69) had abnormalities detected by both these tests (figure E2a); if based on either test, 25% (24/96) would be identified with abnormal results. FEF₂₅₋₇₅ and FEV₀.₅ (r = 0.73, p < 0.001) detected a similar proportion of infants outside the normal range (24% and 25%, respectively, figure E2b), whereas FEF₂₅ was less discriminative (only detecting abnormalities in 15% of infants; data not shown). FRCpleth z-score and ΔFRC were highly correlated (r = 0.66, p < 0.001, figure E2d), both detecting a similar proportion of infants with abnormally elevated results (18% and 20%, respectively). Forty-four percent (31/71) of NBS infants with CF had at least one abnormal result if based on LCI, FEV₀.₅ or FRCpleth.

**DISCUSSION**

In this, the largest study of its kind and the only one with contemporaneous healthy controls, we have shown that, by 3 months of age, many NBS infants with CF have reduced forced expired flows and volumes, abnormal gas mixing and hyperinflation, despite early diagnosis and protocol-driven management, which included prophylactic oral flucloxacinil from time of diagnosis.

**Strengths and weaknesses**

The major strengths of this study include the fact that all lung function measurements were performed to international standards in a single centre by a highly experienced team, thereby minimising methodological or analytical bias. Accurate identification of the extent to which abnormalities in LF were present in individual infants was facilitated by expressing results as z-scores. These were derived from equipment-specific reference equations based on a large group of healthy infants studied in our department with the same equipment and methods over the past decade. The ability to recruit a large group of contemporaneous healthy controls specifically for this study further strengthened the confidence with which we could detect changes due to CF lung disease after adjusting for other relevant determinants such as body size, age and sex.

**Table 1** Comparison of background characteristics in infants with cystic fibrosis* and healthy controls

<table>
<thead>
<tr>
<th>Boy, n (%)</th>
<th>Infants with CF* (n = 71)</th>
<th>Healthy controls (n = 54)</th>
<th>Δ (95% CI), CF – controls</th>
<th>p Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>33 (46)</td>
<td>27 (50)</td>
<td>4% (–21% to 13%)</td>
<td>0.696</td>
<td></td>
</tr>
<tr>
<td>39.3 (1.5)</td>
<td>40.2 (1.2)</td>
<td>–0.9 (–1.4 to –0.5)</td>
<td>&lt;0.001</td>
<td></td>
</tr>
<tr>
<td>0% (</td>
<td>0% (</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49 (69)</td>
<td>43 (80)</td>
<td>19% (7% to 30%)</td>
<td>0.003</td>
<td></td>
</tr>
<tr>
<td>8 (11)</td>
<td>4 (7)</td>
<td>4% (–7% to 14%)</td>
<td>0.456</td>
<td></td>
</tr>
<tr>
<td>9 (13)</td>
<td>5 (9)</td>
<td>4% (–8% to 15%)</td>
<td>0.540</td>
<td></td>
</tr>
<tr>
<td>49 (69)</td>
<td>43 (80)</td>
<td>–11% (–25% to 5%)</td>
<td>0.171</td>
<td></td>
</tr>
<tr>
<td>41 (59)</td>
<td>40 (75)</td>
<td>–15% (–30% to 2%)</td>
<td>0.055</td>
<td></td>
</tr>
<tr>
<td>13 (18)</td>
<td>10 (19)</td>
<td>0% (–14% to 13%)</td>
<td>0.978</td>
<td></td>
</tr>
</tbody>
</table>

Data shown as n (%) for categorical variables and mean (SD) for continuous variables.

*Limited to those without meconium ileus.

†Calculated using UK WHO algorithms.27

§Calculated using UK WHO algorithms.25

Sixty-nine CF and n = 53 control infants.

**Table 2** Infant details at time of lung function test

<table>
<thead>
<tr>
<th>Age at test*, weeks</th>
<th>Infants with CF (n = 71)</th>
<th>Healthy controls (n = 54)</th>
<th>Δ (95% CI), CF – controls</th>
<th>p Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.4 (2.3)</td>
<td>12.2 (2.0)</td>
<td>−0.82 (–1.59 to −0.06)</td>
<td>0.043</td>
<td></td>
</tr>
<tr>
<td>5.32 (0.84)</td>
<td>6.05 (0.78)</td>
<td>−0.73 (–1.02 to −0.45)</td>
<td>&lt;0.001</td>
<td></td>
</tr>
<tr>
<td>0.75 (1.08)</td>
<td>0.06 (1.93)</td>
<td>−0.81 (–1.17 to −0.46)</td>
<td>&lt;0.001</td>
<td></td>
</tr>
<tr>
<td>59.2 (2.7)</td>
<td>61.6 (2.3)</td>
<td>−2.4 (–3.3 to −1.7)</td>
<td>&lt;0.001</td>
<td></td>
</tr>
<tr>
<td>0.14 (1.04)</td>
<td>0.72 (0.68)</td>
<td>−0.86 (–1.19 to −0.52)</td>
<td>&lt;0.001</td>
<td></td>
</tr>
<tr>
<td>15.1 (1.6)</td>
<td>15.9 (1.4)</td>
<td>−0.8 (–1.3 to −0.3)</td>
<td>0.005</td>
<td></td>
</tr>
<tr>
<td>−0.94 (1.08)</td>
<td>−0.47 (0.98)</td>
<td>−0.47 (–0.84 to −0.10)</td>
<td>0.013</td>
<td></td>
</tr>
<tr>
<td>−0.42 (1.06)</td>
<td>0.05 (1.00)</td>
<td>−0.46 (–0.83 to −0.10)</td>
<td>0.014</td>
<td></td>
</tr>
</tbody>
</table>

Unless stated otherwise, data presented as mean (SD).

*Postnatal age at test corrected for gestational age.

†Calculated using UK WHO algorithms.27

CF, cystic fibrosis; Δ, mean difference between groups.
### Table 3 Comparison of lung function in 71 infants with cystic fibrosis and 54 healthy controls

<table>
<thead>
<tr>
<th>Variables according to test order</th>
<th>n</th>
<th>Infants with CF</th>
<th>Healthy controls</th>
<th>Δ (95% CI) CF – controls</th>
<th>p Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multiple breath washout</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LCI, z-score*</td>
<td>70</td>
<td>0.90 (1.38)</td>
<td>51</td>
<td>0.39 (0.88)</td>
<td>0.51 (0.10 to 0.91)</td>
</tr>
<tr>
<td>ρFRCoV, z-score*</td>
<td>70</td>
<td>0.15 (0.95)</td>
<td>51</td>
<td>−0.23 (0.86)</td>
<td>0.38 (0.05 to 0.71)</td>
</tr>
<tr>
<td>Tidal breathing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respiratory rate, z-score†</td>
<td>71</td>
<td>−0.01 (1.43)</td>
<td>54</td>
<td>0.02 (1.21)</td>
<td>−0.03 (−0.50 to 0.44)</td>
</tr>
<tr>
<td>Tidal volume, z-score†</td>
<td>71</td>
<td>0.20 (1.19)</td>
<td>54</td>
<td>−0.22 (1.09)</td>
<td>0.42 (0.01 to 0.82)</td>
</tr>
<tr>
<td>τPTEF/tE, z-score†</td>
<td>71</td>
<td>0.22 (1.05)</td>
<td>54</td>
<td>0.41 (1.0)</td>
<td>−0.19 (−0.56 to 0.18)</td>
</tr>
<tr>
<td>Passive mechanics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cw, z-score†</td>
<td>47</td>
<td>0.22 (1.48)</td>
<td>41</td>
<td>0.14 (0.96)</td>
<td>0.08 (−0.44 to 0.60)</td>
</tr>
<tr>
<td>Rn, z-score†</td>
<td>47</td>
<td>0.52 (0.94)</td>
<td>41</td>
<td>0.28 (1.04)</td>
<td>0.24 (−0.18 to 0.86)</td>
</tr>
<tr>
<td>Plethysmography</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRCpleth, z-score†</td>
<td>56</td>
<td>0.77 (1.15)</td>
<td>47</td>
<td>−0.08 (1.03)</td>
<td>0.85 (0.43 to 1.28)</td>
</tr>
<tr>
<td>ΔFRC, z-score (pleth – MBW)</td>
<td>55</td>
<td>0.68 (1.10)</td>
<td>45</td>
<td>0.19 (0.92)</td>
<td>0.48 (0.08 to 0.88)</td>
</tr>
<tr>
<td>Raised volume technique</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FEV1L, z-score‡</td>
<td>68</td>
<td>−1.17 (1.20)</td>
<td>52</td>
<td>−0.25 (0.80)</td>
<td>−0.92 (−1.29 to −0.56)</td>
</tr>
<tr>
<td>FVC, z-score‡</td>
<td>68</td>
<td>−0.45 (1.07)</td>
<td>52</td>
<td>0.15 (0.71)</td>
<td>−0.60 (−0.92 to −0.28)</td>
</tr>
<tr>
<td>FEF25−75, z-score‡</td>
<td>68</td>
<td>−1.11 (1.38)</td>
<td>52</td>
<td>−0.46 (1.08)</td>
<td>−0.66 (−1.10 to −0.21)</td>
</tr>
<tr>
<td>FEF25, z-score‡</td>
<td>68</td>
<td>−0.74 (1.19)</td>
<td>52</td>
<td>−0.22 (1.11)</td>
<td>−0.53 (−0.95 to −0.11)</td>
</tr>
</tbody>
</table>

For comparison with previous publications, results expressed as absolute values, or in relation to body weight, are presented in table E2, online supplement.

Data shown as mean (SD).

*According to Lum et al.21
†According to Nguyen et al.32
‡According to Lum et al.33

CF, cystic fibrosis; CI, confidence interval of the difference; Δ, mean difference between groups.

Inevitably, it was necessary to approach a large number of families of healthy infants to recruit appropriate numbers for comparison, with only 25% of those eligible and whom we could contact actually attending for the tests. This could potentially introduce some bias, especially as due to data protection issues, it was not possible to document background data from those not responding or agreeing to participate. However, it was reassuring to find no significant differences with respect to potential determinants of infant LF such as ethnicity, maternal history of asthma, socioeconomic status (based on parental occupation) or exposure to tobacco smoke between the controls and infants with CF, suggesting that the group were representative of the local population. Furthermore, when expressed as z-scores, both anthropometry and LF were very similar in this current healthy control group as in those previously recruited in London by our team.15 20 Travel expenses were reimbursed, but no incentives were provided to encourage attendance for either group, thereby removing a potential source of bias. Infants with CF were, on average, born 1 week earlier than the controls, of life, routine bronchoscopy and bronchoalveolar lavage were not included within this study protocol but, together with chest high-resolution CT scans, will be included when these children are reassessed at 1 year of age.

A further strength of this study was the wide range of tests applied, minimising the chance that early changes in LF would be missed. As in a previous study of infants,20 but in contrast to findings in older children,15 16 17 36 we found that assessments of lung disease based on forced expiratory manoeuvres and ventilation inhomogeneity were necessary to identify early lung disease during the first year of life, with additional useful information regarding hyperinflation being obtained from plethysmographic lung volumes. The slightly lower absolute mean LCI observed in infants with CF in this study (table E3, online supplement) than in our previous study20 probably reflects the fact that these infants were diagnosed by NBS rather than clinically, and were therefore assessed earlier in the disease process. Had assessments been limited to a single technique,
abnormalities would only have been detected in ~25% of infants with CF; this proportion rising to 35% when using either of the two primary outcomes (LCI and FEV0.5). The relatively poor correlation between these various outcomes suggests that they are reflecting different aspects of underlying pathophysiology. Despite their relative simplicity, assessments of tidal breathing variables and passive mechanics were far less discriminatory than the other techniques and could be usefully eliciting different aspects of underlying pathophysiology. Furthermore, by this age, 61% of the screened infants had had some respiratory symptoms (52% mild, 9% severe), 23% a positive cough swab and 73% had received antibiotics in addition to their routine prophylactic medication. Pulmonary involvement is known to be present early, with some infants with CF having evidence of inflammation in the bronchoalveolar lavage fluid as early as 4 weeks of age.39–41 With the exception of a significantly lower FEV0.5 in those who had received additional antibiotics for symptoms or positive cough swab, there was no significant association between LF outcomes and the infant’s genotype, clinical status, growth trajectory or treatment prior to the LFTs at 3 months of age. Of note, many infants who had been treated aggressively for respiratory exacerbations in the first few months had entirely normal LF by 3 months, whereas others with no prior symptoms or cause for concern had evidence of early lung disease.

Comparison with the literature
The commonest characteristics of LF abnormalities described in CF lung disease during the first years of life have been airway obstruction detected using the raised volume technique,10–12 15 20 hyperinflation indicated by elevated resting lung volumes,42 increased ventilation inhomogeneity40 and, in infants and slightly older children, gas trapping.41 43 44 all of which were observed in this study by 3 months of age in infants diagnosed by NBS.

In a US multicentre evaluation of LF in infants with CF aged 4–24 months (21% diagnosed by screening), a2 elevated lung volumes and diminished forced expiratory flows, but no reduction in FEV0.5, were reported when compared with historical controls. The variability in skill mix and experience of the laboratories participating in that study, together with the lack of contemporaneous healthy controls and different age range studied, may have contributed to differences in findings compared with the current results.35

The Australian AREST-CF study recently published LF results from infants with CF diagnosed by NBS.9 10 When using a lung inflation pressure of 20 cmH2O during forced expiratory manoeuvres, LF was reported to be normal during the first 6 months of life, but thereafter declined at a rapid rate.4 However, the number of infants studied during the first months of life was limited. By contrast, a more recent publication from this group,9 10 reporting measurements from 28 NBS infants with CF within the first 6 months of life when using an inflation pressure of 30 cmH2O as recommended by the American Thoracic Society/European Respiratory Society guidelines39 showed diminished LF at the time of the first test, with continued deterioration over the next 2 years of life when the results were compared with published reference equations.45

Clinical implications
The results from this study indicate that despite early diagnosis and rapid implementation of therapy, including prophylactic antibiotics, a substantial number of NBS infants with CF have abnormalities of LF within the first 3 months of life. The apparent wellness of the cohort should not lead to complacency; and prompt and aggressive treatment of any abnormal symptoms or signs is surely vital. Follow-up of this cohort will be essential to ascertain the extent to which early changes in LF persist throughout the first year of life; if there is catch-up growth with conventional treatment, then novel, molecular-
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based therapies \( ^{46} ^{47} \) may be safely deferred; if not, there will be a compelling case for initiating treatment early in these infants, using physiological endpoints to detect benefit.

CONCLUSIONS

Despite early diagnosis of CF by NBS and protocol-driven treatment in specialist centres, abnormal LF, with increased ventilation inhomogeneity and hyperinflation and diminished airway function, is evident in many infants with CF diagnosed through NBS by 3 months of age. CF clinicians should not be lulled into thinking that babies with CF identified by NBS have good pulmonary health in the first few months of life.

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Contributors

Conception and design of the study: JS, AB. Supervision of the study: JS. Research governance issues including ethics committee approval: JS, JC. Setting up of recruitment process: AFH, JC. Technical training, supervision and audit of data collection/analyses: AFH. Recruitment of infants with CF: AB, IBL, SBC, HAW, JP, RJC, JS. Collection/analysis of data: JS, AFH, LPT, TDN, JC, SL. Statistical analyses: AFH, JS, AW. Drafting the manuscript: AFH, JS, LPT, IBL, AB, GW. Approval for intellectual content: all authors.

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Competing interests

None.

Patient consent

Obtained.

Ethics approval

Ethics approval was granted by the North Thames Multi-centre Research Ethics Committee (REC) (#09/H0711/514) and local REC of the participating specialist centres.

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