



Service Priorities and Programmes
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Preliminary Report on Multidisciplinary Phase II Cardiac Rehabilitation for Post CABG patients in PWH

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Introduction

Cardiothoracic surgery unit of Prince of Wales Hospital performed around 340 cardiac operations last year. Furthermore, over one third of those patients were under the age of 60, most of them were still working and bread-winners. Currently, a supervised exercise program (Phase I cardiac rehabilitation) run by physiotherapists is taking place to facilitate recovery immediately after surgery in the in-patient setting, however, there is no follow up rehabilitation training (Phase II cardiac rehabilitation) post discharge. Patients are lack of confidence and guidance in exercises. Multidisciplinary Phase II cardiac rehabilitation is to fill in this gap.

Objectives

It is to determine the effect of Phase II cardiac rehabilitation program on post cardiac surgical patients in the aspects of physical ability and lung function.

Methodology

Patients below 70 years with EF >50%, undergone elective CABG operation were invited to attend a trial multidisciplinary Phase II cardiac rehabilitation program (10 sessions) post discharge 1-2 weeks. Incremental shuttle walking test distance (ISWT) and Lung Function test (LFT) was done pre-operatively, pre-discharge, pre-Phase II, post-phase II exercises.

Result

The mean age of participants in this program was 50. It showed that there was a trend of improvement on the cardiopulmonary function of post cardiac surgical patients in terms of ISWT, FEV1, FVC and PEF after phase II cardiac rehabilitation program. The distance of ISWT was increased by 23.6%, the FEV1 and FVC also improved by 20.4% and 21.4% respectively. Regarding to PEF, there was 11.8% improvement seen.