



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 992

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**A New Pilot Program: Multidisciplinary Phase II Cardiac Rehabilitation for post coronary artery bypass graft (CABG) patients in PWH**

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**Keywords:**

cardiac rehabilitation

exercise habit

patient satisfaction

pilot program

CABG

CABG

**Introduction**

Cardiac rehabilitation is a multidisciplinary program, which has been shown to reduce cardiac risk, improve psychosocial functioning and help patient to return of functional capacity after cardiac operation. In 2013, total 120 cases underwent coronary artery bypass graft (CABG) in Prince of Wales Hospital, Cardiac Rehabilitation Phase I (CRP I) program is provided to patients after CABG, however, there is no formal rehabilitation program for patients after discharge. Most of the patients after operation are lack of confidence and guidance in sustaining self-exercise. In order to fill the gap, a pilot Cardiac Rehabilitation Phase II (CRP II) program including supervised exercise training and lectures aims for healthy lifestyle modification was introduced.

**Objectives**

-To evaluate the acceptance of a comprehensive rehabilitation program for post CABG patients from patient's perspective. -To assess the effect of CRP II on exercise habit of patients.

**Methodology**

Seven patients who undergone elective CABG with aged below 70 year old and EF>50% were recruited in CRP II during 16 Oct, 2012 to 16 Jul, 2013. All recruited patients had attended 10 sessions of supervised exercise training and 5 lectures of related topics. Questionnaires on regular exercise habit and patient satisfaction were administrated and collected before and after CRP II.

**Result**

There were 7 patients (5 males and 2 females) completed the pilot program of CRP II. Percentage of patients with regular exercise habit increased from 14% before surgery to 43% after the CRP II program. Regarding patient satisfaction, all patients were very

satisfied with CRP II program in terms of content, course duration and staff performance. Satisfaction rate on program environment and facilities were 71% & 86% respectively. The CRP II jointly run by nurses and physiotherapists are able to empower post- CABG patients in building up a regular exercise habit. While most of the patients were very satisfied with this program in the aspects of program content, course duration and staff performance. Further large-scale study or program could be implemented based on the framework of this pilot program and comprehends patient rehabilitation after cardiac surgery.