

The Effect of Cardiac Rehabilitation Program on Health Related Quality of Life among Coronary Artery Bypass Graft Patients

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Abstract

Background: Cardiac rehabilitation program (CRP) has been reported to improve health related quality of life (HRQOL) of patients after coronary artery bypass graft surgery (CABG).

Aim: To investigate the effect of the CRP on the HRQOL and its domains of CABG patients.

Methods: Quasi experimental non-equivalent control group pretest-post-test design. The intervention group (n = 20) complete CRP for three months after discharge, while control group (n = 20) had the usual routine. Nottingham Health Profile questionnaire which measures health related quality of life was used for HRQOL assessment.

Results: An independent *t* test showed a significant improvement in the HRQOL and its domains for the interventional group after CRP (M = 2.25, SD = 1.74) when compared with the control group (M = 19.9, SD = 3.11), (*P* = 0.001).

Conclusion: Health related quality of life and its domains was significantly improved in intervention group at 3 months after surgery.

Keywords: Cardiac Rehabilitation Program, Health Related Quality of Life, Coronary Artery Bypass Graft, Quasi- Experimental.