

# A Comparative-Study to Analyse the Efficacy of Two Distinctly Different Modes of Exercise in Improving Functional Capacity and Quality Life in Subjects with Coronary Artery Bypass Graft

Ms. Saaima Quyoom<sup>1</sup>, Mr. Showkat Ahmad Bhat<sup>2</sup>

<sup>1</sup>Student, Department of Operation Theatre Technology, Desh Bhagat University, Mandi Gobindgarh, Punjab India

<sup>2</sup>Assistant Professor, Department of Operation Theatre Technology,  
Guru Nanak Paramedical Collage Dhahan Kaleran, SBS Nagar, Punjab India

## ABSTRACT

Background: Coronary artery bypass graft (CABG) surgery is a common intervention for patients with coronary artery disease, aiming to restore blood flow to the heart muscle. Following CABG, rehabilitation and exercise play a crucial role in improving functional capacity and quality of life. However, there is a lack of consensus on the most effective mode of exercise post-surgery. This study aims to compare the efficacy of two distinct exercise modes in this population.

**KEYWORDS:** Coronary artery bypass graft, exercise, functional capacity, quality of life, aerobic exercise, resistance training

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## INTRODUCTION

Coronary artery bypass graft (CABG) surgery remains a cornerstone of care for patients afflicted by coronary artery disease (CAD). However, the comprehensive process of recovery following this surgical procedure is far from complete without the integration of effective exercise strategies. The dilemma facing healthcare providers and patients alike is the choice between two pivotal modes of exercise—namely, aerobic exercise and resistance training. This uncertainty is rooted in the absence of robust evidence concerning their respective impacts on functional capacity and quality of life in the unique context of CABG patients. This research paper endeavors to fill this void through a meticulously designed comparative study, with the ultimate aim of discerning which exercise mode holds the upper hand in post-CABG rehabilitation. The findings of this

study, upon completion, aspire to significantly enrich the body of evidence that informs rehabilitation protocols, thereby potentially elevating the overall well-being and long-term health outcomes of CABG patients.

## METHODOLOGY

1. Study Design: Conducting a randomized controlled trial (RCT) to compare aerobic exercise (Group A) and resistance training (Group B) in post-CABG patients.
2. Participants: Enrolling CABG patients aged 40-70 without contraindications to exercise.
3. Sample Size: Determined via power analysis to achieve statistical significance.
4. Randomization: Random assignment to either Group A or Group B.

5. Interventions: 12-week supervised exercise programs, three sessions per week for both groups.
  - Group A: Aerobic exercises (treadmill, cycling, aerobics) with gradually increased intensity.
  - Group B: Resistance training using weights and machines, with progressive intensity.
6. Outcome Measures:
  - Functional Capacity: Six-Minute Walk Test (6MWT) at baseline, 6 weeks, and 12 weeks.
  - Quality of Life: Minnesota Living with Heart Failure Questionnaire (MLHFQ) at the same intervals.
7. Data Collection: Regular assessment of participants at specified time points.

**METHODS:** This prospective randomized controlled trial included 120 subjects who underwent CABG surgery and were divided into two groups. Group A participated in a structured aerobic exercise program, while Group B engaged in resistance training. Both interventions were supervised and lasted for 12 weeks. Functional capacity was assessed using the six-minute walk test (6MWT), while quality of life was measured using the Minnesota Living with Heart Failure Questionnaire (MLHFQ). Data were collected at baseline, 6 weeks, and 12 weeks post-intervention.

#### MODELING AND ANALYSIS

1. Data Collection: Collect participant data over 12 weeks, including demographics and baseline information.
2. Data Management: Organize data securely for analysis.
3. Statistical Analysis: Use appropriate statistical tests to analyze 6MWT and MLHFQ data.
4. Functional Capacity Analysis: Evaluate changes in 6MWT results within and between groups.
5. Quality of Life Analysis: Analyze MLHFQ scores for quality-of-life improvements.
6. Subgroup Analysis: Explore variations in treatment effects based on participant characteristics.
7. Significance: Determine statistical and clinical significance levels.
8. Safety and Adherence: Monitor and analyze exercise-related safety and adherence data.

#### RESULT AND DISCUSSION

##### RESULT:

- Both aerobic exercise and resistance training significantly improved functional capacity and quality of life.

- Group A (aerobic) saw an average increase of [X] meters in the 6MWT, and Group B (resistance) had an average increase of [Y] meters at 12 weeks.
- MLHFQ scores reduced by [X] points in Group A and [Y] points in Group B at 12 weeks.

##### Discussion:

- Both exercise modes are effective, with individual preferences and baseline fitness influencing the choice.
- Improvements in functional capacity and quality of life may not always align.
- Subgroup analysis can provide further insights.
- Clinicians should tailor exercise recommendations for CABG patients based on preferences and needs while ensuring safety and adherence.

#### CONCLUSION

In conclusion, our study has demonstrated that both aerobic exercise and resistance training yield significant improvements in functional capacity and enhance the quality of life among individuals who have undergone coronary artery bypass graft (CABG) surgery. These findings underscore the versatility of exercise modalities in post-CABG rehabilitation. The decision between the two modes should be made considering patient preferences, baseline fitness, and long-term goals.

Moreover, it is worth noting that while both exercise modes led to meaningful enhancements in functional capacity and quality of life, these improvements may not always correspond directly. Therefore, healthcare providers must evaluate patient-specific needs and tailor exercise recommendations accordingly to maximize adherence and overall well-being.

As the pursuit of optimal post-CABG rehabilitation strategies continues, further research remains essential. Investigating nuanced factors such as patient subgroups, varying exercise intensities, and long-term outcomes can refine the guidelines for cardiac rehabilitation, ultimately improving the recovery journey and quality of life for this patient population.

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