

تأثير برنامج تأهيلي على جودة نمط الحياة لمرضى جراحة القلب والصدر

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في تمريض جراحى باطنى

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٢٠١٢

**Effect of a Rehabilitation Program on Quality of
Life for Patients with Cardiothoracic Surgery**

Thesis

Submitted for Partial Requirement of Doctorate Degree

In Nursing Science

Medical-Surgical Nursing

By

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بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

وَقُلْ رَبِّ زِدْنِي عِلْمًا

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Dedication



I dedicate my study to all Egyptian revolution martyrs since January 2011 until now.

I dedicate my study to Egyptian revolution injured

I dedicate my study to all Egyptian revolution prisoners who are still prison until now to give us our freedom.

My special dedication for the free army officers, the hawks of our revolution.

These officers left the great future, left their immanent jobs as army officers, left their families and their kids to support their Egyptian population in his right to demand bread, freedom and social justice, they went to Tahrir Square and said their famous word

"We came to say the right and dye as martyrs"



Marwa Abdel Aziz



الهداء



اهدى رسالتي لجميع شهداء الثورة المصرية منذ يناير ٢٠١١ الى الان
اهدى رسالتي لجميع مصابي الثورة المصرية
اهدى رسالتي لجميع أسرى الثورة المصرية الذين مازالوا في
السجون الى الان لكي يمنحونا الحرية
اهداء خاص لضباط الجيش الاحرار صقور ثورتنا المصرية.
هؤلاء الضباط تركوا المستقبل الباهر، تركوا الوظائف المرموقة
كضباط بالجيش المصري، تركوا الاهل وامال والولد وراء ظهورهم
ليساندوا شعبهم المصري في حقه بالمطالبة بالعيش والحرية
والعدالة الاجتماعية. نزلوا الى ميدان التحرير وقالوا قولتهم
الشهيرة
"احنا جايين نقول الحق ونموت شهداء"



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List of Abbreviations

Abbreviation	Complete name
CR	Cardiac rehabilitation
AHA	American Heart Association
AACVPR	American Association of Cardiovascular and Pulmonary Rehabilitation
RCT	Randomized controlled trial
CONSORT	Consolidated standards reporting trials
CABG	Coronary artery bypass graft
6MWT	6 minute walk test
LDL	Low density lipoproteins
HDL	High density lipoprotiens

Abstract

The purpose of this study was to evaluate the effects of a cardiac rehabilitation program on; quality of life, level of adherence to cardiac diseases risk-factor management functional capacity and on self-efficacy of patients having cardiothoracic surgery. Based on Bandura Social learning theory it was considered that increasing self-efficacy will increase desired outcomes. A quazi-experimental study was used of two groups (study group received a cardiac rehabilitation program and another group received an instruction flyer and attention control). Analysis of variance (ANOVA test) revealed that study group had greater levels of quality of life, functional capacity (6 minutes walk test) among, medication adherence, cardiac diet and exercise & smoking cessation self-efficacy levels self-efficacy and spent more days and hours walking and bicycling than the control group at the follow-up test. Regarding adherence to diabetes management, blood sugar level decreased regarding diabetic patients of the study group. Regarding adherence to recommended diet the higher adherence level was for the control group than the study group. Study group had lower servings from unrecommended diet than the control group. Regarding controlling of hypertension systolic and diastolic blood pressure are still within normal range in both study and control groups. Results revealed that the rehabilitation program didn't affect body weight, and body mass index is higher than normal in both groups. There is no significant difference between groups regarding TG, LDL and HDL levels. Controlling of covariates, when controlling of gender, quality of life, functional capacity, adherence to medication used, adherence to blood lipid management, body mass index and self-efficacy are affected by gender. Controlling of age, quality of life, functional capacity, adherence to diet and lipid management and cardiac exercise self-efficacy became un-significant. In controlling of income, only LDL blood lipids still significant, while all other variables become insignificant. Controlling of comorbidity only diastolic blood pressure remained significant, while other variables become insignificant. Finally with controlling of ejection fraction most variables remained significant. This study provides evidence of the benefits of cardiac rehabilitation program among Egyptian population as well as provides scientific base for rehabilitation nursing as a new area of nursing practice in Egypt.