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SURANGSRI BOONSOMCHUA: EFFECTS OF CARDIAC
REHABILITATION ON THE EXERCISE CAPACITY AND QUALITY OF
LIFE IN PATIENTS WITH MYOCARDIAL INFARCTION. THESIS
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The purpose of this study was to investigate the effects of the cardiac rehabilitation program on exercise capacity and, quality of life comparing patients who underwent the cardiac rehabilitation program, (study group) and, patients who did not undergo the cardiac rehabilitation program, (control group) following myocardial infarction. Sixty patients, aged between 40 to 75 years old, were initially screened by cardiologists and randomly divided into control (n=30) and study (n=30) groups. Rehabilitation program, included seven steps low intensity exercise, was induced into the study group. Exercise capacity was estimated by six minutes walk test, and quality of life scores were scaled by the Quality of Life after Myocardial Infarction (QLMI) questionnaire during 2 weeks of the follow up period.

After the rehabilitation program, there were significant differences between both six minutes walk distance and total QLMI scores between control and study groups ($p < 0.05$). The mean scores of confidence, self-esteem and those of the emotional domain in QLMI were significantly different between control and study groups ($p < 0.05$). During the follow up period, the mean values of six minutes walk distance were 265.94 and 314.72 meters ($p = 0.002$) in control and study groups respectively. Mean values of total QLMI scores were 110.70 and 126.67 in control and study groups ($p = 0.001$) respectively. While the mean values of symptom, restriction, confidence, self-esteem and those of the emotional domain of QLMI scores in control and study groups were 22.70 and 24.06 ($p = 0.262$), 15.27 and 17.23 ($p = 0.052$), 19.43 and 23.67 ($p = 0.000$), 25.33 and 30.30 ($p = 0.001$), 28.00 and 31.47 ($p = 0.024$) respectively.

In conclusion, cardiac rehabilitation program improves exercise capacity and quality of life in patients after myocardial infarction. Therefore, exercise capacity as well as mental status can be improved when the appropriate rehabilitation program is applied.