

# Comprehensive cardiac rehabilitation in improving cardiovascular outcomes in patients with coronary artery disease

**Abdulla Zarina Banu, Govindasamy Paramesveri, Salleh Farah Idayu, Hamid Naimah, Abdul Wahab Mohamed Jahangi**

Cardiology Department, Hospital Pulau Pinang

## ABSTRACT

**Introduction:** Cardiovascular rehabilitation (CR) is a multifactorial and comprehensive intervention in secondary prevention, aimed at obtaining clinical stabilization and reduce future cardiovascular events. CR has shown to reduce mortality, hospital readmissions and costs, improve exercise capacity and quality of life and is a class 1 recommendation for all patients with coronary artery disease (CAD). **Methods:** A retrospective cross-sectional study. Medical records from the period of January 2015 to December 2019 of the selected subjects will be reviewed and study data extracted. The data analysis will be done using the SPSS version 22. **Results:** All the patients showed significant improvement in coronary risk factors from baseline to the last sessions. After 8 sessions of cardiac rehabilitation, number of patients with normal fasting blood sugar (FBS) in CABG group increased from 33.0% to 86.0%, as compared to non-CABG treated from 49.0% to 72.0%. As for fasting lipid profile (FLP), 41.0% subjects who was in normal range rose to 95.0% for CABG group as, compared to non-CABG. **Conclusion:** Results of the present study indicates that cardiac rehabilitation might have more positive impact on the modification of coronary risk factors more after CABG then the non-CABG treated suggestive of and increase awareness among the patients after undergone open heart surgery as no gain without pain. Improvement in medical education could be another factor for it.