

## Investigate Related Factors and the Exercise Habits, Quality of Life of Patients who after Cardiac Surgery

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**Background:** Exercise enhance physical fitness on post-cardiac surgery patients and improve their QOL. The study aimed to know how was the exercise habit and QOL of the post-cardiac surgery patients in Taiwan.

**Methods:** This quantitative study was approved by the Institutional Review Board (Approval No. CTH-106-3-5-040), the study used purposive sampling and structured questionnaires to collect data from November 13, 2017 to December 31, 2017 at a hospital in north Taiwan.

### Result:

- 1. Subjects Characteristics:** 94 post-cardiac surgery patients, most of them were male (63.8%); married (70.2%), unemployed, and classified as NYHA-2. The post-operative time was 59.69 months and social support score from family and friends was 89.26 points, while that from medical and nursing personnel was 84.39 points.
- 2. Status of Exercise Habit and QOL:** The study found the exercise frequency, 18.1% subjects never took exercise and 21.3% subjects were seldom. Most of them had exercise environments in the neighborhood. Higher proportions of them did not take warm-up exercise (41.6%) and cool-down exercise (42.9%). The distribution of 4 dimensions(physiological, psychological, social relationship, and environmental) and total score of QOL, social relationship score was the highest (71.5 points), that the lowest was psychological dimension(65.86 points), and the total score of QOL was 96.31 points.
- 3. Relative factor of Exercise Habit and QOL:** The exercise environment, exercise frequency, exercise intensity, exercise partners, days of exercise per week, had a significant effect on 4 dimensions and total score of QOL. The study also found different NYHA Functional Classification, marital status, social support, etc. of subjects caused the differences of exercise habit and QOL.

**Conclusion:** This study showed exercise habit affected QOL and most subjects never took warm-up and cool-down exercise. Therefore, discharge health education content of post-cardiac surgery patients should including the exercise benefits and safe to strengthen their identity for exercise habit.

### Biography:

Te-Fen Lee is an associate professor in nursing department of Ching Kuo Institute of Management and Health, Taiwan. She have be a nurse on burn center and ICU. Her major is in Nursing and development Psychology.