

The efficacy of home walking exercise program on functional performance and quality of life in patients with heart failure

Abbasi A (MSc)

*Faculty of Nursing
Gorgan University of Medical Sciences*

Fayyazi S (MSc)

*Faculty of Nursing
Ahvaz University of Medical Sciences*

Ahmadi F (MD)

*Department of Cardiology
Ahvaz University of Medical Sciences*

Haghighizade MH (MSc)

*Department of Statistical Science
Ahvaz University of Medical Sciences*

Corresponding Author:

Abbasi A (MSc)

E-mail:

abbasi_msn@yahoo.com

Abstract

Background&Objective: Dyspnoea and fatigue caused considerable impairment in the functional performance and quality of life in HF patients. The purpose of this study were to determine efficacy of home walking exercise program on functional performance and quality of life in patients with heart failure.

Materials&Methods: This study was quasiexperimental trial that assessed efficacy of home-based exercise program on the functional performance and quality of life in patients with HF in the Ahvaz city (2005). In this study 60 patients with New York Heart Association (NYHA) class II and III heart failure divided two groups training (n=30) and control (n=30). Material or measurements was demographic characteristics form, Minnesota quality of life check list and timed exercise program form. Exercise training in the patients would be performed tree day per week for 8 weeks. Determination quality of life measures by Minnesota check list would be performed in both the training and control groups at entry and after 8 weeks. Also 6 minute walking tests for determination functional performance would be performed in both groups at entry and after 8 weeks. Ultimately data analysis by SPSS softward.

Results: results showed that significant difference existed between mean walking distance on the 6MWT at entry and after 8 weeks in the training group (373.86 to 412.30 m, $P<0.05$), that no significance was seen between control group (376.79 to 377.63 m). Also significant difference exists between mean quality of life scores at entry and after 8 weeks in the training group (52.32 to 43.80), that no significance was seen between control group (52.43 to 52.50).

Conclusion: This study showed that home-based exercise program affected on functional performance and quality of life in HF patients. Its accepted. Therefore exercise training can be used as a therapeutic approach in these patients, because not only promotes quality of life but also improve the functional performance.

Key Words: Heart failure, Quality of life, Exercise training