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## Cardiac Rehabilitation Program and Health-Related Quality Of Life

By Nahed Mersal

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Cardiovascular diseases are one of the most important causes of mortality in Eastern Mediterranean countries and Middle East areas. Coronary artery bypass grafting (CABG) is the most frequently surgical procedure used for managing symptoms of coronary artery diseases. Cardiac rehabilitation programs reduce the factors that can cause progression of heart disease and reduce the risk of developing complications that include having a subsequent heart attack or dying. Also it improves functional capacity and Health-Related Quality of Life. The aim of this study was to examine the effect of Cardiac rehabilitation program on Health-Related Quality of Life for patients after Coronary artery bypass graft. It was hypothesized that Health-Related Quality of Life for patients after Coronary artery bypass graft will be improved after implementation of Cardiac rehabilitation program. The finding of this study showed highly statistically significant difference in pre- and post- cardiac rehabilitation program regarding the mean of all aspects of physical and mental Health Related Quality of Life. 60 pp. Englisch.



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