Abstract citation ID: suae036,308

USING THE 6MWT FOR SETTING AEROBIC LOADS AFTER CARDIAC SURGERY AN INPATIENT SETTING

N. Romano, E. Monina, P. Longoni, G. Forni, and A. Mazza
ICS Maugeri IRCCS, Pavia
Background: In the field of Preventive and Rehabilitative Cardiology (CPR), aerobic-type training turns out to be one of the cornerstones for intensive rehabilitation of patients undergoing cardiac surgery. One of the most critical issues appears to be the method by which the patient’s initial workload is set. In this research project, an attempt is made to implement in clinical practice, an equation to identify the workload to be set at the first rehabilitation session. The formula in question is a modified version of Luxton’s formula used to predict maximal workload using anthropometric/clinical data and results at the Six Minute Walk Test as indicators. The primary objective is to demonstrate that patients who trained from a load set through the use of the formula under consideration walk a greater distance at the end of hospitalization at the 6MWT than patients who did not use the equation for initial load setting.

Materials and Methods: Two small groups of patients (45 IG and CG 38 and 8 drop out) who underwent the same rehabilitation program at the O.U. of Rehabilitation Cardiology at ICS Maugeri in Pavia were compared, having as their only difference the mode of initial workload setting. Patients were recruited during the period April 2023–November 2023.

Results: At the final observation time, GI patients traveled more meters at the 6MWT than GC patients; they also finished the program with a higher workload.

Conclusions: It was shown that the workload determined by the formula is well tolerated by the patient and has brought benefits on functional capacity and perception of health status by the patient with cardiac surgery outcomes.