A Longitudinal Study of Quality of Life in Patients with Chronic Heart Failure Following An Exercise Training Program


METHODS (cont)

RESULTS (cont)

The starting effort in kg, for lower and upper extremity, was divided into three groups according to performance on the 6-minute walk test.

<table>
<thead>
<tr>
<th>Group</th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>121±51 ml</td>
<td>109±40 ml</td>
<td>111±50 ml</td>
</tr>
<tr>
<td>B</td>
<td>77±21 ml</td>
<td>71±32 ml</td>
<td>69±42 ml</td>
</tr>
<tr>
<td>C</td>
<td>140±54 ml</td>
<td>136±43 ml</td>
<td>116±35 ml</td>
</tr>
</tbody>
</table>

Cardiopulmonary Exercise Test

- **Peak VO2:**
  - Group 1: 11±3±7 ml/kg/min
  - Group 2: 13±4±1 ml/kg/min

The peak VO2 for Groups 1 and 2 did significantly increase by T3 (p<.01).

6MWT Distance

- **Group 1:**
  - T1: 303±79 m
  - T2: 403±66 m
  - Group 2:
    - T1: 356±112 m
    - T2: 458±102 m

The increase in distance walked on the 6MWT was statistically significant (p<.001).

QOL

QOL improved from T1 to T2 for Group 1 but decreased from T2 to T3. Group 2 increased from T1 to T2 and leveled off to T3.

Anxiety and Depression

- Group 1:
  - T1: 34±26
  - T2: 37±19
  - T3: 41±9

- Group 2:
  - T1: 33±28
  - T2: 38±19
  - T3: 42±9

There was not a significant statistical significance in LVEDV, LDESV, or LVEF between the two groups.

CONCLUSION

The authors state the results of the study display the necessity of treatment that is all encompassing for chronic heart failure, especially those who are more elderly. The treatment of chronic heart failure must be approached by multiple disciplines.

ARTICLE 2

Tai Chi Exercise for Patients with Heart Disease: A Systematic Review of Controlled Trials


This article supports my original articles conclusions by stating that patients with heart disease and chronic heart failure may benefit from some form of exercise routine. This article referenced specifically Tai Chi. The article systematically reviewed 5 randomized controlled trials and non-randomized to conclude that patients with an intolerance to exercise due to cardiac pathology may benefit from exercise.

ARTICLE 3

Year Exercise Training in Chronic Heart Failure


This final article greatly supports my original article. It is a 10 year longitudinal randomized control trial. The study observed patients over a 10 year period with chronic heart failure. The authors concluded that moderate exercise training helps maintain functional cardiopulmonary capacity. Also, QOL was assessed and shown to have significant increase secondary to the training regimen.

SUMMARY

Upon review of the main article listed above and the two supporting articles mentioned subsequently, it is my opinion that those patients who suffer from chronic heart failure and lead healthier, longer, more productive, and more fulfilling lives by participating in some form of exercise program that includes endurance training and muscular strength training.

Presented by Robert Esterle, Student PT