

# Outcomes of Implementing Cardiac Rehabilitation Protocol for Acute Coronary Syndrome Patients in the Acute Phase

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## **BACKGROUND:**

Cardiovascular diseases (CVDs) are the leading cause of death worldwide. The most common form of CVDs is acute coronary syndrome (ACS). To prevent recurrent cardiac adverse effects, acute cardiac rehabilitation (ACR) is critical to be provided for ACS patients in the acute phase. ACR is an evidence-based intervention that includes physical rehabilitation, risk factors modification, nutrition counseling, and psychological rehabilitation.

## **OBJECTIVE:**

To determine the outcomes of implementing cardiac rehabilitation protocol for acute coronary syndrome patients in the acute phase.  
Settings: The study was carried out in the cardiac care unit (CCU) at Alexandria Main University Hospital, Egypt.

## **SUBJECTS:**

A convenient samples of 60 adult conscious patients diagnosed with ACS who are newly admitted to the previously mentioned CCU. The sample was divided into two equal groups (30 patients each the group).

## **TOOLS:**

Two tools were used. Tool one: "Physical outcomes of cardiac rehabilitation protocol assessment tool". Tool two: "Depression, anxiety and stress scale (DASS)". Results: The study showed that there was a significant improvement in physical activity in the study group more than in the control group ( $P= 0.038$ ). Furthermore, the study groups exhibited significant lower depression, anxiety and stress scale levels than the control group ( $P=0.038, 0.021$  and  $0.005$  respectively).

## **CONCLUSION:**

The implementation of ACR significantly improved physiological, physical and psychological outcomes of ACS patients in the acute phase.  
Recommendations: Critical care nurses should implement an ACR protocol that is tailored to the patients' needs and capabilities. Hospital administration should establish educational program about the ACR protocol for ACS patients in the acute phase after hemodynamic stability to critical care nurses.

## **KEY WORDS:**

Acute coronary syndrome, acute phase, cardiac rehabilitation.

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