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**THE EFFECTIVENESS OF PHASE II CARDIAC REHABILITATION EXERCISE
ON QUALITY OF LIFE POST CABG CLIENT IN RSPAD GATOT SOEBROTO
DITKESAD**

xiii + 7 chapters + 56 pages + 7 tabels + 2 scheme + 8 attachments

ABSTRACT

Introduction: Coronary Artery Bypass Graft (CABG) is one of the treatment of coronary heart disease (CHD). Cardiac rehabilitation always done on the post-CABG patients to recover their optimal health and quality of life. In indonesia there has been no research about cardiac rehabilitation exercise phase II and quality of life of patients after CABG.

Goal: The aims of the study is to analyze the effectiveness of phase II cardiac rehabilitation exercise on quality of life post-CABG clients in RSPAD Gatot Soebroto Ditkesad.

Research Method: This research was conducted using cross-sectional design of 52 post CABG respondents that undergoing phase II cardiac rehabilitation exercise between 5-8 weeks in RSPAD Gatot Soebroto. Samples were taken with a non-probability sampling techniques and types of purposive sampling. Quality of life was measured by using quality of life questionnaire short form (SF) - 36.

Research Result: The results of the statistical test using Fisher's exact test obtained $p=0,015$ ($p<0,05$).

Conclusion: recommended for nurses to provide health education for clients post-CABG massively at the end of phase I, to prepare clients to enter phase II cardiac rehabilitation exercise, so that the implementation can be carried out regularly, good exercise rehabilitation in hospitals and adoption of a healthy lifestyle at home.

Key words: Coronary Heart Disease (CHD), Coronary Artery Bypass Graft (CABG), Phase II Cardiac Rehabilitation Exercise, Quality of Life.

Bibliography: 39 (2004 - 2013)