

News and Views

Manjulata

Department of Physiology, AIIMS-Patna, Bihar, INDIA.

*Correspondence:

Dr. Manjulata

Assistant Professor, Department of Physiology, AIIMS-Patna, Bihar, INDIA.

Email: dr.manju11662@aiimspatna.org

NEWS

Surgery Alone Insufficient to Improve the Quality of Life in Ischemic Heart Disease Patients

Cardiovascular Diseases (CVDs) are the leading cause of death globally representing 32% of all global deaths. Of these deaths, 85% were due to heart attack and stroke with over three quarters taking place in the low and middle socio-economic countries.^[1] It constitutes 38% of the total premature death due to non-communicable disease.^[1] Surgery, such as Coronary Artery Bypass Grafting (CABG) or Percutaneous Coronary Intervention (PCI), is often effective in treating the underlying blockages or narrowing of arteries in Ischemic Heart Disease (IHD). However, it is important to understand that surgery alone may not be sufficient to improve the Activity of Daily Living (ADL) in individuals with IHD. Older patients more frequently undergo cardiac surgery for improving rather than quantitating quality of life.^[2] Post cardiac surgery is associated with many complications which may be multi factorial. Pulmonary and neurological complications due to Procedure/anaesthesia/ both, are the most common. Among the pulmonary complications atelectasis (32-72%) and pleural effusion (24-63%) are the most common.^[3] Among the neurological dysfunction, postoperative cognitive dysfunction due to surgery is the most common.^[4] Postoperative cognitive impairment affects between 10–40% of patients in the sixth postoperative week following cardiac surgery. Only around 45% of patients fully recover from cognitive impairment after 1 year post cardiac surgery.^[5] A cognitive or mental decline can also lead to impaired ADL's.^[6] Apart from medications, structured cardiac rehabilitation program is often recommended after surgery or other interventions for ischemic heart disease. These programs provide supervised exercise training, education on heart-healthy living, counselling, and support to help individuals regain their strength, manage symptoms, and improve ADL. The addition of yoga-based relaxation to conventional post-CABG cardiac rehabilitation helps in better management of risk factors in those with abnormal baseline values and may help in preventing recurrence.^[7]

REFERENCES

1. WHO; 2021. Cardiovascular Diseases. 2021. Available atfrom: [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))[https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)).
2. Santarpino G, Moscarelli M. Postoperative cognitive dysfunction: a forgotten part of the quality of life? ([letter]). *Ann Thorac Surg.* 2019;108(5):1583. doi: <https://doi.org/10.1016/j.athoracsur.2019.03.047>, PMID <https://www.ncbi.nlm.nih.gov/pubmed/310027683>1002768.
3. Tanner TG, Colvin MO. Pulmonary complications of cardiac surgery. *Lung.* 2020;198(6):889-96. doi: <https://doi.org/10.1007/s00408-020-00405-7>, PMID <https://www.ncbi.nlm.nih.gov/pubmed/331759903>175990.
4. Vu T, Smith JA. An update on postoperative cognitive dysfunction following cardiac surgery. *Front Psychiatry.* 2022;13:884907. doi: 10.3389/fpsy.2022.884907, PMID <https://www.ncbi.nlm.nih.gov/pubmed/357824183>5782418.
5. Bartels K, Li YJ, Li YW, White WD, Laskowitz DT, Kertai MD, et al. Apolipoprotein epsilon 4 genotype is associated with less improvement in cognitive function five years after cardiac surgery: a retrospective cohort study. *Can J Anaesth.* 2015;62(6):618-26. doi: 10.1007/s12630-015-0337-8, PMID <https://www.ncbi.nlm.nih.gov/pubmed/25744138>25744138,.
6. Edemekong PF, Bomgaars DL, Sukumaran S, Schoo C. Activities of Daily Living. 2022. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing. 2022;:2023.
7. Raghuram N, Parachuri VR, Swarnagowri MV, Babu S, Chaku R, Kulkarni R, et al. Yoga based cardiac rehabilitation after coronary artery bypass surgery: one-year results on LVEF, lipid profile and psychological states-a randomized controlled study. *Indian Heart J.* 2014;66(5):490-502. doi: <https://doi.org/10.1016/j.ihj.2014.08.007>, PMID <https://www.ncbi.nlm.nih.gov/pubmed/25443601>25443601.



DOI: 10.5530/ijcep.2023.10.1.8

Copyright Information :

Copyright Author (s) 2023 Distributed under
Creative Commons CC-BY 4.0

Publishing Partner : EManuscript Tech. [www.emanuscript.in]

VIEWS

Yoga-Based Therapy Can Play a Beneficial Role in Improving the Activity of Daily Living (ADL) in Post-Surgery Patients

Yoga-based rehabilitation after post-cardiac surgery can offer several advantages in terms of physical and psychological recovery. However, it's also important to consider potential disadvantages and limitations. The advantages such as physical benefits that can improve strength, flexibility, and balance, and are essential for restoring physical function and mobility and enhance cardiovascular fitness after surgery; Stress reduction by incorporating breathing exercises and relaxation techniques, improve mental well-being. Managing stress levels can positively impact recovery and overall quality of life; Pain management: gentle movements, stretching, and relaxation techniques assists in alleviating post-surgical pain and reducing muscle tension and thus helps the patient able to resume his routine life once again; it is an accessible, no cost holistic therapy. It is not devoid of disadvantages and has limitations too. Post-cardiac surgery patients have diverse needs, capabilities, and limitations and thus individual variability is high. Certain postures or movements may not be appropriate or safe for individuals with specific cardiac conditions or surgical procedures. It demands time and commitment and hence derive the benefits of yoga-based rehabilitation regular activity a must. Moreover, not all patients may find yoga appealing or feel comfortable with the practice. Hence it is a complimentary and not replacement to conventional cardiac rehabilitation programs. In consultation with the healthcare professionals, who can assess the individual's condition, guide safety considerations, and along with the trainer make a structured and customized yoga exercise, as part of the overall rehabilitation plan guidelines should be made to, yoga-based rehabilitation after post-cardiac surgery should be made mandatory, just as the medicines are made mandatory to the patients to increase the compliance and early restoration of ADL.