

Keywords: Exercise training; Bi-ventricular heart failure; Quality of life; Muscle strength

Introduction

Cardiovascular disease remains a major global health concern affecting both developed and developing countries; Ino8ocd -0.046 Tw T (disease, rheumatic heart disease, and cardiomyopathy, account for over) Tj0.094 Tw T (75

Despite the relevance of exercise training as a potential intervention for heart failure, there is a lack of studies in Nigeria focusing on the effects of exercise training on patients with biventricular heart failure of non-ischemic origin. Consequently, supervised exercise training has not been part of the management of this condition in Nigeria. Addressing these knowledge gaps, we hope to contribute valuable

Kansas city cardiomyopathy questionnaire (kccq)

The QoL of each subject in the control and exercise groups was assessed at baseline and at 6th and 12th week for the exercise group and at baseline and 12th week for the control of the study period. This was done using a self-administered, 23-item questionnaire, the Kansas City Cardiomyopathy Questionnaire (KCCQ) developed to provide a better description of health-related quality of life (HRQoL) in patients with chronic heart failure regardless of aetiology. Each item has a five-, six- or seven-point Likert scale. The questionnaire was analysed in 9 domains of HRQoL (Figures 3 and 4) (14). The overall QoL of the subjects studied was assessed according to their groups. The domains assessed were activity limitation, general symptoms, swelling, fatigue, dyspnoea, knowledge, perception, and mood and participation restriction/lifestyle. The overall QoL is taken as the sum of these domains' scores with lower scores indicating lower symptom burden and better quality of life except the overall QoL and knowledge domains where higher scores indicate better QoL. Scaling responses included a range of 5-7 options including: 'Extremely Limited' to 'Not at all Limited', 'Much worse' to 'I've had no symptoms', 'Every morning' to 'Never over the past 2 weeks', 'Extremely bothersome' to "Not at all bothersome", "Not at all sure" to "Completely sure" and "Severely limited" to "Did not limit at all" (14).

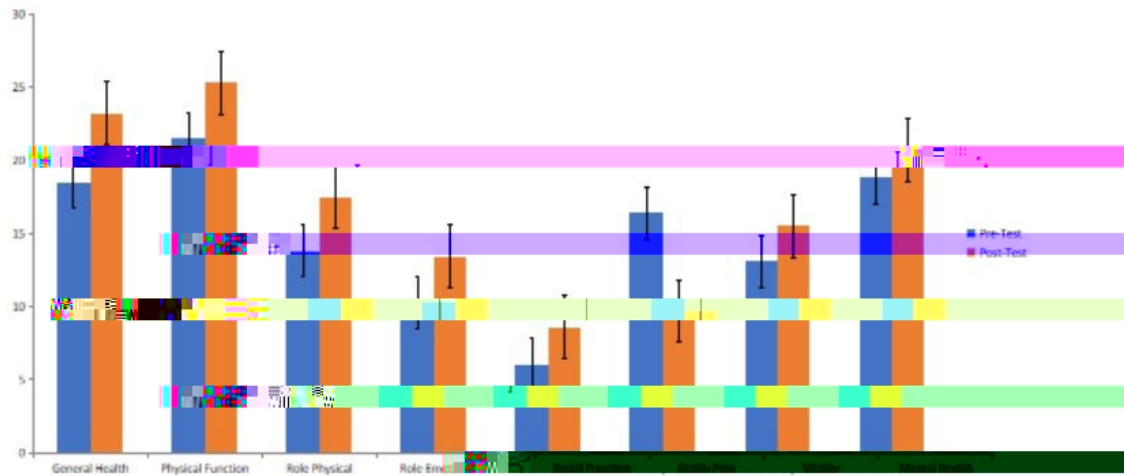
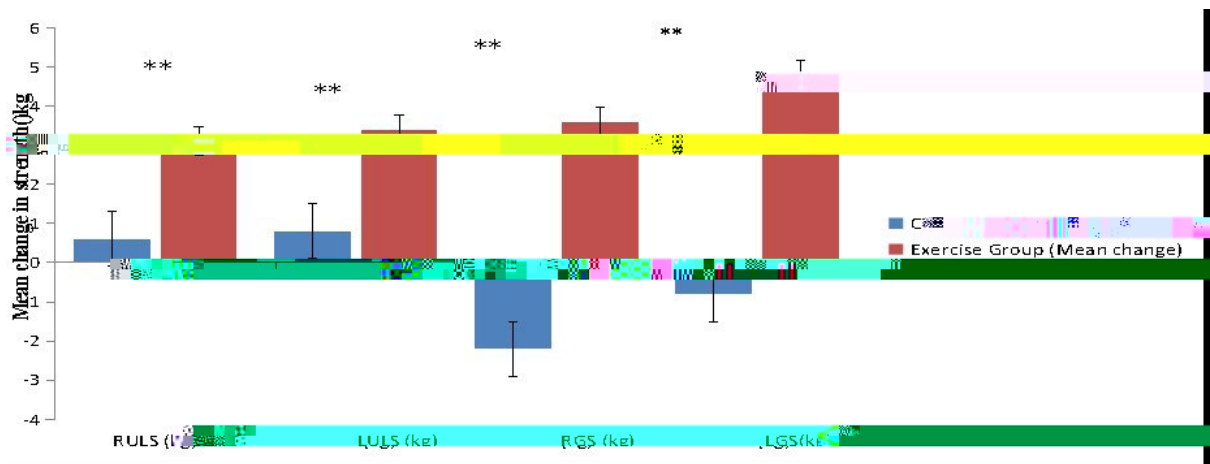


Figure 3: Pre-test and post-test assessment of HRQoL as measured within the exercise group using Wilcoxon rank test.



Citation:

Effects of exercise training on muscle strength

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