

WORLD CONGRESS ON RHEUMATIC HEART DISEASE

2-4 November 2023 • Abu Dhabi



Submission Id: 45

Title: A COMPARISON OF STERNAL PRECAUTIONS V/S MODIFIED STERNAL PRECAUTIONS DURING CARDIAC REHABILITATION OF PATIENTS FOLLOWING MEDIAN STERNOTOMY. A RANDOMISED PILOT CONTROLLED TRIAL

Authors: Sridhar Shirodkar, Amit Sharma

Background & Aims: Following median sternotomy procedures patients are advised to follow some precautions, to prevent complications. Literature suggest that these precautions are not based on any strong evidence. They cause a lot of limitations and delay the recovery period. Also, there is no uniformity in cardiac rehabilitation guidelines worldwide. This study is an attempt to find if sternal precautions can be less restrictive. Aim: To find whether modification of strict sternal precautions (Profunctional) helps improve physical function, pain, kinesiophobia, and health-related quality of life following median sternotomy. 'Lack of uniformity in practice' with respect to the prescription of upper limb exercises.

Methods: Double-blinded, Cross-sectional study. Randomized into control (standard sternal precautions) & experimental (pro functional sternal precautions). Each group consisted of 5 patients. Sample size (n=10). Outcomes: Primary: Short physical performance battery (SPPB), pain (NRS), Kinesiophobia (TSK).

Results: There was a statistically significant difference seen for the values between the groups ($p < 0.05$) for TKS POST with higher values in experimental group. There was a statistically non-significant difference seen for the values between the groups ($p > 0.05$) for all other variables.

Conclusions: In the pilot, we conclude that there is a significant effect on Kinesiophobia or fear of movement. A precautionary approach rather than restrictive approach is likely to better facilitate optimal sternal healing and functional recovery.