

Stepping Toward Recovery: Effectiveness of 6-Minute Walking upon Post- Operative Outcomes in Post-CABG Patients at Selected Hospitals, Chennai

Manju Sudhakar¹, Sasikala. D², Hilda Rose Mary³

Assistant Professor, Apollo College of Nursing, Chennai¹

Professor, Apollo College of Nursing, Chennai²

Associate Professor, Apollo College of Nursing, Chennai³

Abstract: *Background: Cardiovascular disease is the leading global cause of death, responsible for approximately 16.7 million deaths annually. Coronary Artery Bypass Grafting (CABG) is performed to alleviate angina and reduce mortality from coronary artery disease. Postoperative rehabilitation is essential to improve recovery and outcomes. 6 Minute walking is a simple, low-cost, and objective method to assess and enhance functional status and oxygenation in post-CABG patients.*

Methods & Materials: A true experimental pre-test post-test research design was conducted in selected hospitals in Chennai among 70 post-CABG patients, selected through systematic random sampling. After obtaining institutional permission and informed consent, patients were assigned into experimental (n=35) and control (n=35) groups. Demographic and clinical variables were recorded. In the experimental group, 6minute Walking was performed from postoperative day (POD) 4 to POD 7. Pre-test SpO2 was assessed on POD 3 in both groups; post-test SpO2 was measured on POD 7. The 6-minute walk test and a structured rating scale were used to assess oxygenation. Data were analyzed using descriptive and inferential statistics.

Results: A significant improvement in SpO2 was observed in the experimental group (normal SpO2 in 94.29% of patients post-intervention) compared to the control group (persistent high risk of hypoxemia in 77.14% of patients). The results demonstrated the effectiveness of 6 Minute Walking in improving postoperative outcomes related to oxygen saturation.

Conclusion: Incorporating 6 Minute Walking as part of postoperative rehabilitation can significantly improve functional status and oxygenation among post-CABG patients. Nurses play a vital role in promoting and supervising this intervention to optimize patient recovery.

Keywords: CABG, 6 Minute Walking, Postoperative Outcomes and SpO2

