CONCLUSION

Following conclusions are drawn from the findings:

- The patients who underwent CABG and exposed to Pulmonary Rehabilitation Program (PRP) have significant difference in heart rate with the control group subjects who are not exposed to PRP. The result reveals that the significant p-value of the Group comparison infers that mean heart rate are statistically different in the PRP group compared to the control group after controlling effects of some of the covariates.

- The results confirm that the patients who underwent CABG and exposed to Pulmonary Rehabilitation Program (PRP) have significant difference in the respiratory rate and confirms that the changes occurred in the experimental group is due to the intervention.

- The experimental group subjects exposed to PRP had shown an improvement on the pulmonary function, for the (inspiratory and peak expiratory flow) with the control group subjects who were not exposed to PRP.

- In both the group i.e. experimental and control group there is a significant reduction in mean diastolic as well as systolic blood pressure. The result were similar in both the groups.

- There is a statistical difference in experimental and control group in the saturation of oxygen, but the variation in both the groups are very minimum.

- In the experimental group the pain level experienced by the patients undergone CABG is much less than the control group patients who are not
exposed to PRP. Thus it infers that PRP is effective in controlling the pain level of patients.

- In the experimental and control group anxiety level have increased from baseline to 3rd post operative day. Further it was observed that there was a gradual reduction in the anxiety level, where the reduction is more in experimental group than the control group.

- In experimental group the quality of life had increased than in the control group subjects who were not exposed to PRP.

NURSING IMPLICATIONS

The present study has several implication in nursing education practice, nursing administration and nursing research.

NURSING PRACTICE

The study shows that PRP was effective in certain physiological parameters like Pulmonary function (inspiratory capacity and peak expiratory flow), reduction in pain and anxiety and enhancing the quality of life. Therefore this program should be a pivotal part of nursing practice in educating the patient about the different components of the PRP program i.e. relaxation, exercise, avoidance of risk and diet.

Nurses play a very important role in all the phases of care - pre operatively, intra operatively and post operatively. If a proper pre operative education is provided to the patient, it will enhance the post operative recovery and improve the quality of life of the patient.
Health education is an integral part of the nursing service, therefore an appropriate education strategy to be adopted. The information booklet is good enough in imparting the education to the patient.

Since the information book can be carried away it can be a good asset for the patients to read it again and again to improve the knowledge on various aspects like the diet which are to be taken and avoided, how to avoid the risk factors, how to do various post operative exercises and how to relax themselves.

**NURSING EDUCATION**

- Better alignment between practice and education preparation for nurses have to be implemented. Nursing personal working in various institutions can be given in-service education in updating the evidence based practice regarding enhancing the quality of life by providing PRP.

- Examines the congruence between patients need and nurses perceptions. Through PRP nurses can identify the deficiency in knowledge and practice and will be able to give a better education to the patient. It also becomes a resource for the nurses to identify and provide health education.

- Standards of practice and manual can be prepared for training student nurses in PRP. It becomes a learning resource for student nurses regarding health education on post operative home care and for cardiac rehabilitation.
NURSING ADMINISTRATION

- Developing program for nursing personal in clinical practice regarding the effectiveness of PRP. Encouraging nurses to practice the tested PRP for improving the post operative nursing care.

- Health care services need to give more emphasis on and accept the new trends in health care. Nursing administrators should take more initiative in disseminating the tested research evidence i.e. the effectiveness of PRP in improving the quality care nursing.

- Administrator must see that every nurse is competent enough in giving the knowledge regarding PRP. An in-service education program may be organized for the nursing personnel who are directly involved in taking care of post-operative CABG patient.

- Nursing administrator should closely supervise the subordinates to ensure that none of the dimensions regarding the quality of life of the patients are neglected. A comprehensive health teaching should be made available i.e. the information booklet on PRP may be effective in giving the health teaching.

- Effort should be made by the administrator in preparing patient health education material on PRP and disseminating the information to all patients admitted preoperatively.

- Nurse administrator should bring the changes in her work setup where the patient is preoperatively itself given good information regarding the PRP which will enhance the recovery period post operatively and will also contribute to improving better consumer satisfaction.
Nurse administrator should ensure quality care which is possible by utilization of evidence based nursing practice. The study also reveals that the information booklet as has enhanced the quality of life.

Nurse administrator can formulate policies and guidelines to educate PRP procedures preoperatively.

NURSING RESEARCH

Research is vital to nursing or to any other profession. Further research should be directed for exploring and updating the student and nursing personnel’s and helping them in evidence based practice in cardiac rehabilitation.

Research studies in this area will provide sound body of knowledge on the basis of which nurses would be able to build their nursing care and improving the post operative quality care.

Nursing research should be directed further to explore and update the knowledge on rehabilitation of the patient after cardiac surgeries and improving the quality of care of these patients.

Emphasis should be laid on publication of findings of research on home care management of post operative cardiac patients in various journals and books to disseminate research based evidence for nurse practitioners and community health nurses.

Nurses being the largest group in health care delivery system and being closer to the patient and their families should take initiatives regarding ways to improve the quality of life of the patient after cardiac surgery.
LIMITATIONS

- Study was limited to two hospitals of Delhi with 200 sample that limits the generalization of the findings.
- The follow up study was done till 3 months which can be extended for further periods.

RECOMMENDATIONS

- Similar studies may be conducted using true experimental approach.
- Comparative study can be carried out to know the effectiveness of information booklet with other strategies of teaching program.
- CD can be provided where they can observe the demonstration and follow the steps.
- Similar booklets can be prepared in various local language.
- Exploratory studies can be done to identify the learning needs of the patient undergoing CABG.
- Alternative methods for the delivery of Pulmonary rehabilitation can be performed with tele-rehabilitation or internet based program.
- Exploratory studies can be carried out in a wider geography involving for remote and rural areas.
> Longitudinal study can be conducted to evaluate the impact of Pulmonary rehabilitation program on quality of Life.

> Follow up study can be conducted to evaluate the effectiveness of PRP on physiological parameters and quality of life.

> Comparative study for cost effectiveness with implementation of PRP versus traditional methods in the post operative phase.

> Multi-centred clinical research studies can be explored to ascertain the independent contribution of PRP.