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## DISCUSSION

In the second year after surgery, patients could perform daily activities such as walking, climbing stairs, doing housework, and shopping. Therefore, a cardiac rehabilitation program is needed to cultivate the patients' confidence to perform daily activities after discharge from the hospital by about 8 days after surgery. In average, 24% had difficulty in performing daily activities in the first 6 months after surgery, 16% in the second 6 months, 10% in the third 6 months, and 10% in the fourth 6 months. Therefore, a cardiac rehabilitation program is needed to cultivate the patients' confidence to perform daily activities after discharge from the hospital by about 8 days after surgery. In a comparison with previous studies, we reported that patients could achieve 3.5 METs of intensity

in the study patients who were able to walk at least 1 km without stopping. In the previous study, patients could perform 3 METs of intensity on the first day of exercise after surgery. In a comparison with previous studies, we reported that patients could achieve 3.5 METs of intensity