of them (20 subjects, 80%) were male; 20 (80%) were taken off the ET tube within 24 h; and 14 (56%) were retired. The mean age of the sample was 65.44 (± 8.93) years, the mean number of years of education was 7.72 (± 4.42) years. The average time a patient remained in the intensive care unit after surgery was 2.64 (± 0.86) days, and ranged from 2 to 5 days. The time a patient remained in the regular ward was 3 to 7 days, with an average of 5.4 (± 1.19) days. The average time from surgery to hospital discharge was 8 (± 1.58) days, and ranged from 5 to 11 days. The average time a patient participated in the rehabilitation program was 5.72 (± 0.98) days (Table 1).

By the time the 25 subjects were discharged from the hospital, 9 had reached stage VI (4.5 METs), 7 had reached stage V (3.7 METs), 8 had reached stage IV (3.0 METs), and 1 had reached stage III (2.5 METs). Table 2 reveals that the average time for achieving different stages of the rehabilitation program, from day 1 on which subjects were transferred into wards, was 1.12 days for stage I; 2.28 days for stage II; and 5.24 days for stage III. All 25 subjects completed the first 3 stages. Of the 24 patients discharged from the hospital, on average, stage IV was completed 4.71 days from the transfer day, that is, 6.25 days after surgery. On average, stage V was completed 5.38 days after the transfer day, or 6.87 days after surgery, and 16 subjects achieved this. Stage VI was achieved 6.44 days from the transfer day, or 7.78 days after surgery, and 9 subjects achieved this.

Table 3 shows that the day on which the treadmill was first used after surgery was negatively correlated to educational level (r = -0.544, $p < 0.01$), and positively correlated to the time a patient remained in the intensive care unit ($r = 0.683, p < 0.01$) and to the time from surgery to hospital discharge (r = 0.652, $p <$ 0.01). On completion of training, the highest activity intensity (METs) achieved was positively correlated to hospital stay ($r = 0.403, p < 0.05$).

Table 4 reveals that after hospital discharge, 6-min walking distance, daily activity, and self-efficacy had significantly increased, and perceived fatigue had significantly decreased. Regarding the daily activity performance, Table 5 reveals that the items that were 100% achieved in the first week of hospital discharge included walking indoors and taking care of oneself;

Table 1. Demographic characteristics of the sample (N = 25)

Variable	Groups	Frequency or mean	Percentage or standard deviation	Range
Sex	male	20	80%	
	female	5	20%	
Marital status	widowed	7	28%	
	with spouse	18	72%	
Numbers of occluded vessels	2 vessels	1	4%	
	3 vessels	24	96%	
Removal of ET tube	in 24 h	20	80%	
	in 48 h	4	16%	
	in 72 h	1	4%	
Employment	none or retired	14	56%	
	yes	11	44%	
Age (yr)		65.44	8.93	42-78
Education (yr)		7.72	4.42	0-16
Body weight (kg)		65.80	11.40	44.5-92.5
Time remaining in intensive care units (d)		2.64	0.86	2-5
Time remaining in regular wards (d)		5.40	1.19	3-7
Time participating in the rehabilitation program (d)		5.72	0.98	4-7
Time from surgery to hospital discharge (d)		8.00	1.58	5-11
Left ventricle ejection fraction (LVEF)		0.66	0.13	0.33-0.84