

冠狀動脈繞道術患者最大攝氧量、自覺體能效能及生活品質之探討

An Investigation of Maximal Oxygen Uptake, Fitness Self-Efficacy, and Quality of Life Among Coronary Artery Bypass Graft Patients

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摘要

本研究之目的在探討國內冠狀動脈繞道術患者術後之最大攝氧量、自覺體能效能和生活品質，並分析最大攝氧量和自覺體能效能對生活品質之影響。以立意取樣法選取 47 位符合條件之個案為對象，以跑步機運動測試來估算其最大攝氧量，測量工具包括自覺體能產能量表和生活品質量表。結果顯示，冠狀動脈繞道術患者之最大攝氧量為 5.48mets，自覺體能效能在中下程度，生活品質指數在中上程度，且身體功能層面明顯低於心理功能層面($t=4.67$ ， $P<0.0001$)。年齡是唯一能有效預測自覺體能效能的變項，其解釋力為 12.6%。最大攝氧量的主要預測變項為年齡和身體肌肉指數，二者之解釋力達 24.9%。自覺體能效能是決定生活品質總指數的決定變項，其解釋力為 35.1%。研究結果可提供擬定改善冠狀動脈繞道術患者生活品質策略之能攷。

Abstract

The purpose of this study was to explore maximal oxygen uptake (VO₂ max), fitness self-efficacy, and quality of life (QOL), and to examine the impact of VO₂ max and fitness self-efficacy on QOL, among coronary artery bypass graft (CABG) patients. A total of 47 subjects who met the selection criteria were selected from a medical center. A graded exercise test was performed to estimate each subject's VO₂ max. Fitness self-efficacy and QOL were measured by the 18-item Fitness Self-Efficacy Scale and the SF-36, respectively. The results of the study revealed that the average VO₂ max was 5.48 mets. A subjects' fitness self-efficacy was medium low and QOL was medium high. The average score in the physical dimension of QOL was significantly lower than in the mental health dimension. Age was a significant predictor of fitness self-efficacy, and both age and body mass index were significant predictors of VO₂ max. However, fitness self-efficacy was a more dominant predictor of QOL than was VO₂ max. These findings may provide some directions in improving QOL in CABG

patients.