

Paper Category:	Original paper
Paper Title: (Arial Font; 14 Pt Size)	Association between frailty, sarcopenia, and establishment of exercise habits in outpatient cardiac rehabilitation patients
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <p>Background: Exercise habits play a crucial role in preventing the recurrence of cardiovascular diseases. Outpatient cardiac rehabilitation (CR) aims to prevent readmissions by providing education on incorporating exercise into daily life. However, many patients struggle to establish exercise habits.</p> <p>Objectives: The aim of this study is to examine the hypothesis that patients with frailty and sarcopenia have a lower rate of exercise habit establishment in outpatient CR.</p> <p>Method: A total of 190 cardiovascular patients who underwent outpatient CR at our institution were included. Exercise habit establishment was defined as engaging in self-directed exercise for at least 30 minutes, two or more days per week, and maintaining it until the completion of outpatient CR. Frailty was assessed using the Cardiovascular Health Study criteria, with individuals meeting three or more out of five criteria classified as frail. Sarcopenia was defined based on the AWGS criteria, which include reduced muscle mass and impaired physical function. Multiple logistic regression analysis was conducted, adjusting for age, gender, Body Mass Index, pre-admission exercise habits, disease type (ischemic heart disease, heart failure, other), and employment status.</p> <p>Results: Compared to the group without frailty or sarcopenia, the odds of exercise habit establishment were significantly lower in the frail-only group and the group with both frailty and sarcopenia. After multivariate adjustment, the odds of exercise habit establishment were significantly lower in the group with both frailty and sarcopenia (odds ratio: 0.13, 95% confidence interval: 0.04-0.46, p-value: 0.001).</p> <p>Discussion and Conclusion: Individuals with frailty and sarcopenia often exhibit lower self-efficacy, increased fear of falling, and multiple pain sites, which can negatively impact the establishment of exercise habits. For patients with both frailty and sarcopenia at discharge, it is necessary to consider feasible exercise interventions and environmental adjustments to promote exercise habit establishment.</p>	

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