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## **Association between rest heart rate and atrial fibrillation: a meta-analysis**

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**Objective:** To explore the effect of different intensities of aerobic exercise on patients with CD after AMI.

**Methods:** A total of 120 patients with post-AMI CD admitted to our hospital from May 2021 to May 2023 were randomly divided into groups A, B and C, with 40 patients in each group. Group A received conventional treatment, group B received moderate intensity aerobic exercise on the basis of group A, and group C received high intensity intermittent aerobic exercise on the basis of group A. After 3 months of intervention treatment, the differences of cardiac function indexes, lung function, vascular endothelial function and quality of life among the three groups were compared.

**Results:** After intervention, the LVESD and LVEDD in the three groups were decreased ( $P<0.05$ ), and LVEF was increased ( $P<0.05$ ). LVESD and LVEDD in groups B and C were lower than those in group A ( $P<0.05$ ), and LVEF was higher ( $P<0.05$ ). The LVESD and LVEDD of group C were lower than those of group B ( $P<0.05$ ), and the LVEF of group C was higher than that of group B ( $P<0.05$ ). The FVC, FEV1/FVC and the MVV were increased in the three groups after the intervention ( $P<0.05$ ), and those in groups B and C were higher than those in group A ( $P<0.05$ ), and those in group C were higher than those in group B ( $P<0.05$ ). After intervention, the level of ET-1 was decreased ( $P<0.05$ ), the level of NO, cerebral artery flow-mediated FMD and nitroglycerin-mediated NMD were increased ( $P<0.05$ ), and ET-1 in groups B and C was lower than that in group A ( $P<0.05$ ). NO, FMD and NMD were higher ( $P<0.05$ ), ET-1 in group C was lower than that in group B ( $P<0.05$ ), and NO, FMD and NMD were higher than that in group B ( $P<0.05$ ). After the intervention, the score of SAQ was increased in the three groups ( $P<0.05$ ), and the score of group B and C was higher than that of group A ( $P<0.05$ ), and the score of group C was higher than that of group B ( $P<0.05$ ).

**Conclusion:** High intensity intermittent aerobic exercise is effective in CD patients after AMI, which can effectively improve cardiac function index, lung function, vascular endothelial function and improve quality of life.

### **Biography**

Jiang Yunlu, born on December 6, 1988, in Chongqing, with a bachelor's degree, engaged in cardiovascular medicine after graduation. Now having an attending physician, with more than 10 years of clinical experience, especially in the diagnosis and treatment of heart failure and cardiac rehabilitation.

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