

# Cardiac Average Patient Profile

Program XYZ Hospital  
 Date Range Included all dates

		<u>Pre Program</u>			<u>Post Program</u>		
		<i>n</i>	<i>Mean</i>	<i>StDev</i>	<i>n</i>	<i>Mean</i>	<i>StDev</i>
<b><u>Behavioral Domain</u></b>							
<i>Cigarettes Smoked</i>	(cigs)	69	0.72	2.89	69	0.46	2.53
<b><u>Behavioral Compliance</u></b>							
<i>Follows Diet</i>	(1-5)	69	4.09	1.17	69	4.22	0.94
<i>Follows Medications</i>	(1-5)	69	4.93	0.31	69	4.86	0.62
<b><u>Exercise Activity</u></b>							
<i>Days per Week of Exercise</i>	(days/week)	69	2.07	2.76	69	4.48	1.43
<i>Minutes Exercising per Session</i>	(minutes)	69	13.61	25.48	69	40.26	12.45
<b><u>Clinical Domain</u></b>							
<i>Weight</i>	(lbs.)	67	185.24	34.95	67	186.70	36.76
<i>Height</i>	(inches)	67	66.91	3.65	67	67.01	3.69
<i>Body Mass Index</i>	(Kg/M <sup>2</sup> )	67	29.03	4.78	67	29.19	5.19
<b><u>6MDW: Resting</u></b>							
<i>Heart Rate</i>	(bpm)	68	75.81	14.14	68	72.19	13.71
<i>Systolic Blood Pressure</i>	(mm Hg)	68	121.62	15.26	68	122.35	14.62
<i>Diastolic Blood Pressure</i>	(mm Hg)	68	67.91	9.93	68	66.91	7.95
<b><u>6MDW: Peak</u></b>							
<i>Distance Walked</i>	(feet)	68	1309.06	361.39	68	1579.03	313.82
<i>METs</i>	(METs)	68	2.90	0.52	68	3.29	0.46
<i>Heart Rate</i>	(bpm)	68	100.06	16.19	68	102.94	17.04
<i>Systolic Blood Pressure</i>	(mm Hg)	68	134.31	17.27	68	139.44	22.31
<i>Diastolic Blood Pressure</i>	(mm Hg)	68	68.26	10.73	68	67.88	9.12
<i>Rating of Perceived Exertion</i>	(6-20)	68	11.81	1.77	68	11.50	1.63
<b><u>6MDW: Recovery</u></b>							
<i>Heart Rate</i>	(bpm)	68	77.19	14.64	68	75.60	14.70
<i>Systolic Blood Pressure</i>	(mm Hg)	68	121.82	16.42	68	123.47	15.58
<i>Diastolic Blood Pressure</i>	(mm Hg)	68	67.15	8.83	68	66.94	9.10
<b><u>Lipid Profile</u></b>							
<i>Total Cholesterol Level</i>	(mg/dl)	4	243.75	32.96	4	162.25	34.51
<i>LDL</i>	(mg/dl)	4	158.00	20.05	4	85.25	16.07
<i>HDL</i>	(mg/dl)	4	41.75	11.90	4	39.00	11.86
<i>Triglycerides</i>	(mg/dl)	4	219.75	146.31	4	190.75	127.46
<i>CHO/HDL</i>	(mg/dl)	4	6.24	2.09	4	4.42	1.36
<b><u>Economic Domain</u></b>							
<i>Number of Medications</i>	(meds)	13	7.77	3.30	13	7.69	3.84

<u><b>Health Domain</b></u>		<u><b>Pre Program</b></u>			<u><b>Post Program</b></u>		
		<i>n</i>	<i>Mean</i>	<i>StDev</i>	<i>n</i>	<i>Mean</i>	<i>StDev</i>
<u><b>SF-36v2™ Health Survey</b></u>							
<i>Physical Function</i>	(NBS)	69	34.19	11.99	69	45.14	9.61
<i>Role Functioning Physical</i>	(NBS)	69	34.23	10.27	69	48.81	9.56
<i>Role Functioning Emotional</i>	(NBS)	69	42.64	13.20	69	50.69	9.43
<i>Bodily Pain</i>	(NBS)	69	46.51	10.23	69	51.84	7.77
<i>General Health</i>	(NBS)	69	44.50	7.57	69	47.10	8.60
<i>Vitality</i>	(NBS)	69	42.62	9.56	69	49.16	10.00
<i>Social Functioning</i>	(NBS)	69	39.46	11.29	69	52.41	7.29
<i>Mental Health</i>	(NBS)	69	46.94	9.95	69	51.74	8.66
<i>Reported Health Transition</i>	(1-5)	69	2.09	0.84	69	2.23	0.79

Sample