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**PHYSICAL FITNESS AND QUALITY OF LIFE IN PATIENTS WITH CHRONIC HEART FAILURE UNDERGOING HOME-BASED PERIPHERAL MUSCLE TRAINING PROGRAM DURING – 2 YEARS WITH DIFFERENT INTRODUCTORY REGIMES**

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### **Objectives**

To evaluate the effect of home-based peripheral muscle training during 2 years, in patients with chronic heart failure (CHF) with or without a physiotherapist-led 3 months introductory period at the hospital.

### **Method**

Twenty patients with stable CHF, NYHA II-III, were randomized to either home-based peripheral muscle training (n=8, age 61.5±4.8 years) or home-based training with an introductory period at hospital (n=12, age 64±8.2 years). Both groups underwent a peripheral muscle training program for 2 years. Six minute walk test (6MWT) and QoL were measured at baseline and after 3, 6, 9, 12 and 24 months.

### **Results**

The 6 MWT increased ( $p<0.001$ ) and QoL increased ( $p<0.005$ ), in both groups without any significant group differences.. All improvements appeared after 3 months and remained after 24 months.

### **Conclusion**

Long term home-based peripheral muscle training in patients with CHF could be used as a method to initially improve and for the subsequent 21 months maintain physical fitness and QoL. However, if the introductory physiotherapy-led training at the hospital could be omitted needs further investigation in a larger study.