



## Impact of early mobilization in the postoperative period of coronary artery bypass grafting surgery

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### ABSTRACT

Cardiovascular diseases are one of the main causes of morbidity and mortality worldwide, cardiac rehabilitation programs are useful for patients undergoing cardiac surgery, as it promotes several benefits, including cardiovascular function and physical performance.

**Keywords:** Early mobilization, Surgical revascularization, Preoperative.

### 1 INTRODUCTION

Cardiovascular diseases are one of the main causes of morbidity and mortality worldwide, cardiac rehabilitation programs are useful for patients undergoing cardiac surgery, as it promotes several benefits, including cardiovascular function and physical performance. The present study aims to report the main impacts of early mobilization in the postoperative period of coronary artery bypass grafting. Methods: This study was carried out by means of a literature review of the following databases: PubMed, the Scientific Electronic Library On-line and the Physiotherapy Evidence Database, presenting as inclusion criteria articles published in the last 10 years, in English, Portuguese and Spanish, while the exclusion criteria were duplicate articles and reviews in general. A total of 13 scientific articles were found, three of which were excluded by theme, and 10 articles were selected. Results and discussion: Early mobilization in patients undergoing coronary artery bypass grafting (CABG) has a very positive impact, as it contributes to the reduction of hospital stays, helps to reduce undesirable effects, and improves physical function and autonomic tone of the heart. Patients who are instructed in the preoperative period have a reduction in the length of hospital stay and usually cooperate during the postoperative treatment. Muscle training reduces the risk of pneumonia and atelectasis, helps reduce hospital stays, prevents the risk of developing pulmonary complications and the incidence of delirium in the postoperative period. Conclusion: Early mobilization has a great positive impact on patients undergoing coronary artery bypass grafting, as it improves



ventilation, muscle strength, and functional capacity, reduces the risk of developing pulmonary complications, a lower incidence of pleural effusion, and decreases the length of hospital stay and mortality rate.