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The effect of traditional Chinese exercise on the physical and mental health and quality of life of patients with stable angina

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ADMINISTRATIVE INFORMATION

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Review Stage at time of this submission - Risk of bias assessment.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 19 September 2024 and was last updated on 19 September 2024.

INTRODUCTION

Review question / Objective In this study, Meta-analysis was used to comprehensively evaluate the efficacy of Chinese medicine exercise therapy in intervening patients with stable angina pectoris of coronary heart disease, with a view to providing a basis for the clinical application of Chinese medicine exercise therapy in the field of cardiac rehabilitation.

Condition being studied Stable angina pectoris (SPA), also known as exertional angina pectoris, is a clinical syndrome of acute and temporary ischemia and hypoxia in the myocardium caused by increased myocardial load on the basis of fixed and severe stenosis of the coronary arteries.¹ The pathogenesis of angina pectoris is very complex, and it is one of the diseases that seriously jeopardize the health of human beings, and there is still a lack of effective treatment methods. At present, the conservative treatment of coronary

heart disease mainly includes drug and non-drug therapies, of which exercise rehabilitation is one of the main components of non-drug therapy. Currently at home and abroad cardiac rehabilitation exercise therapy mode is mostly from foreign sports therapy, and China's Chinese medicine exercise therapy is different from Western sports, which is attributed to a characteristic non-pharmacological therapy, mainly based on Chinese medicine, meridian theory, viscera theory, etc. as the theoretical basis, the synthesis of the philosophical thinking of the late generations and the concept of recreation and health care, and the gradual formation of health promotion as the core of the disease prevention and treatment system method, which usually includes tai chi chuan, Eight Duan Jin, Yi Jin Jing, Five Animal Play, Six Character Technique and other health preservation methods [2-3]. It is of great significance to give full play to the advantages of traditional Chinese medicine (TCM) in health care and rehabilitation, appropriately select and apply TCM exercise therapy, and observe its efficacy on the

rehabilitation of patients with coronary heart disease, in order to form a new model of cardiac rehabilitation therapy by combining traditional Chinese and Western medicine.

METHODS

Search strategy Search Web of science, Pub Med, Embase, Cochrane Library, CNKI, SinoMed, Wanfang Data and VIP databases. Search terms included Tai Chi, Ba Duan Jin, and stable angina pectoris.

Participant or population Patients diagnosed with stable angina pectoris.

Intervention Tai Chi, Baduanjin, wuqinxi, Yijinjing, liuzijue, Qigong.

Comparator The control group was treated with conventional western medical treatment, and the main measures of conventional western medical treatment included nitrate preparations, β -blockers, calcium ion antagonists and other conventional drug treatment or resistance exercise, stretching exercise and other conventional exercise rehabilitation treatment.

Study designs to be included Randomized controlled trials (RCTs).

Eligibility criteria Participants: patients with stable angina pectoris, no restriction on gender or age. Intervention: the experimental group performed traditional Chinese exercise without other types of exercise.

Control group: conventional rehabilitation.

Study design: randomized controlled trial.

Information sources Web of science, Pub Med, Embase, Cochrane Library, CNKI, SinoMed, Wanfang Data and VIP databases.

Main outcome(s) Physical Health: The Six-Minute Walk Test. Mental health: depression, anxiety. Quality of life: Seattle Angina Scale.

Quality assessment / Risk of bias analysis Cochrane Risk of Bias Assessment Tool.

Strategy of data synthesis RevMan5.3.

Subgroup analysis Rev Man software was used for analysis. The outcome indicators were expressed as mean difference (MD) and 95% CI. Heterogeneity was tested using P-value and I-squared, with P50% indicating the existence of heterogeneity among the studies, and a random-

effects model was used; conversely, there was no significant heterogeneity among the studies, and a fixed-effects model was used.

Sensitivity analysis Sensitivity analysis using the one-by-one elimination method.

Language restriction No.

Country(ies) involved China.

Keywords Traditional Chinese exercise, Tai Chi, stabilization of angina pectoris, quality of survival, physical and mental health.

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