

## Supplementary Online Content

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**eTable 1.** Demographic and Clinical Characteristics of Completers vs Lost to Follow-up

**eTable 2.** Summary of Results for Complete Cases Analysis Comparing Changes at 12 Months From Baseline

**eTable 3.** Adverse Events in Early CR and Usual-Care CR

This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable 1.** Demographic and Clinical Characteristics of Completers vs Lost to Follow-up

Characteristic / Outcome	Completed follow up (n=118 <sup>†</sup> )	Lost to follow up (n=40 <sup>†</sup> )	p-value
<b>Demographic characteristics</b>			
Gender, n (%) Females	21 (17.80)	4 (10.00)	0.243 <sup>‡</sup>
Age (years) at operation Mean (SD) Median (IQR)	63.33 (11.1) 65.50 (58.0-70.0)	61.30 (12.8) 62.00 (53.8-70.2)	0.385 <sup>*</sup>
Body mass index (BMI) Mean (SD) Median (IQR)	28.93 (5.15) 28.32 (25.40-31.87)	29.01 (5.88) 27.69 (25.68-31.94)	0.887 <sup>*</sup>
Surgery, n (%) Elective Emergency	78 (66.1) 40 (33.9)	27 (67.5) 13 (32.5)	0.871 <sup>‡</sup>
<b>Past medical history</b>			
Previous CABG, n (%) Yes	1 (0.8)	0 (0.0)	1.000 <sup>**</sup>
IHD, n (%) Yes	29 (24.6)	9 (22.5)	0.791 <sup>‡</sup>
Previous MI, n (%) Yes	17 (14.4)	5 (12.5)	0.763 <sup>‡</sup>
Other past conditions, n (%) Yes	20 (16.9)	10 (25.0)	0.262 <sup>‡</sup>
<b>Current medical status</b>			
Hypertension, n (%) Yes	57 (48.3)	14 (35.0)	0.144 <sup>‡</sup>
Diabetes, n (%) Yes	23 (19.5)	10 (25.0)	0.459 <sup>‡</sup>
Family history, n (%) Yes	20 (16.9)	10 (25.0)	0.262 <sup>‡</sup>
HAD, n (%) Yes	2 (1.7)	4 (10.0)	0.036 <sup>**</sup>
Smoking status, n (%) Non-smoker Smoker	107 (90.7) 11 (9.3)	31 (77.5) 9 (22.5)	0.030 <sup>‡</sup>
Hypercholesterolaemia, n (%) Yes	37 (31.4)	12 (30.0)	0.873 <sup>‡</sup>
<b>Endpoints' measurements</b>			
6MWT Mean (SD) Median (IQR)	225.9 (131.7) 239.5 (90.0-330.0)	184.9 (125.6) 180.0 (60.0-275.0)	0.085 <sup>*</sup>

Data as mean (standard deviation, SD) or median (interquartile range, IQR) as appropriate. <sup>†</sup>Number randomised: some endpoints have missing data (number of missing cases are reported in the table). <sup>‡</sup>Chi-squared test; <sup>\*</sup>Mann-Whitney U test; <sup>\*\*</sup>Fisher's exact test; CABG, coronary artery bypass graft; AVR, aortic valve replacement; MVR, mitral valve replacement; IHD, ischaemic heart disease; MI, myocardial infarction; HAD, hospital anxiety and depression score; 6-MWT, six-minute walk test distance.

**eTable 2.** Summary of Results for Complete Cases Analysis Comparing Changes at 12 Months From Baseline

	n		Mean (SD) for usual-care CR		Mean (SD) for early CR		Difference <sup>‡</sup> in changes (early CR – usual-care CR)
	UCR	ECR	Baseline	12 months	Baseline	12 months	Mean (95% CI), p-value
6-MWT	33	26	235.3 (156.1)	513.1 <sup>†</sup> (104.0)	224.8 (119.4)	500.4 <sup>†</sup> (123.0)	-2.08 (-66.4, 62.2), 0.948
5T-STTS	32	24	19.75 (10.39)	9.81 <sup>†</sup> (4.98)	19.88 (12.66)	9.67 <sup>†</sup> (4.57)	0.27 (-5.65, 6.19), 0.926
Leg strength (Kg)	28	25	30.76 (12.20)	40.14 <sup>†</sup> (12.82)	32.39 (10.50)	42.57 <sup>†</sup> (13.00)	0.81 (-4.17, 5.79), 0.746
Grip strength (Kg)	31	26	32.66 (8.30)	37.97 <sup>†</sup> (7.94)	29.73 (8.62)	35.62 <sup>†</sup> (10.25)	0.57 (-2.27, 3.41), 0.688
GAD-7	34	37	5.26 (5.52)	1.35 <sup>†</sup> (2.29)	5.54 (5.18)	1.68 <sup>†</sup> (3.75)	-0.05 (-2.67, 2.58), 0.972
PHQ-9	42	41	7.40 (4.94)	2.57 <sup>†</sup> (4.09)	7.80 (5.50)	3.05 <sup>†</sup> (3.89)	-0.08 (-2.76, 2.60), 0.954
SF-12 Physical	33	32	12.30 (3.23)	16.91 <sup>†</sup> (1.97)	11.97 (3.00)	16.91 <sup>†</sup> (2.05)	0.33 (-1.36, 2.02), 0.697
SF-12 Mental	33	32	19.42 (4.29)	22.48 <sup>†</sup> (3.36)	18.38 (4.09)	23.31 <sup>†</sup> (2.65)	1.88 (-0.46, 4.21), 0.114
SF-12 Total	33	32	31.73 (6.86)	39.45 <sup>†</sup> (4.50)	30.66 (6.25)	40.22 <sup>†</sup> (3.84)	1.84 (-1.79, 5.46), 0.316

Data as mean (standard deviation, SD) unless otherwise specified. UCR, usual-care CR; ECR, early CR; 6-MWT, six-minute walk test distance; 5T-STTS, five times sit-to-stand test; GAD-7, generalised anxiety disorder questionnaire; PHQ-9, patient health questionnaire; SF-12, short form survey; <sup>†</sup> improvement; <sup>‡</sup> positive and negative differences favour early CR and usual-care CR respectively

**eTable 3.** Adverse Events in Early CR and Usual-Care CR

	All events, n (%) <sup>†</sup>		p-value <sup>‡</sup>
	Usual-care CR	Early CR	
<b>SAE</b>			0.374
None	67 (83.8)	61 (78.2)	
One	12 (15.0)	16 (20.5)	
Two	1 (1.3)	1 (1.3)	
<b>AE</b>			0.207
None	49 (61.3)	41 (51.3)	
One	21 (26.3)	22 (28.2)	
Two	6 (7.5)	13 (16.7)	
Three	3 (3.8)	2 (2.6)	
Four	1 (1.3)	1 (1.3)	

SAE = Serious Adverse Event, AE = Adverse Event, <sup>†</sup>n is the number of patients with number of events in column 1 and denominator for % number of patients in a group, <sup>‡</sup>Chi-squared test p-value to assess whether there is association between type of CR and a patient having at least one event.