Effect of Continuous Education on Readmission Rates for CHF Patients

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Effect of Continuous Education on Readmission Rates for CHF Patients
Alexis Baroni, Rebecca Hughes, Grace Wahba
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PATIENT CARE ISSUE
What is Congestive Heart Failure (CHF)?
• An abnormal clinical syndrome that involves inadequate pumping and/or filling of the heart (Lewis, 2014)

So what?
• Greater than 50% of patients are readmitted to the hospital within 6 months of discharge (Desai, 2012)
• 5.1 million people in the United States have heart failure and The American Heart Association estimates that over 600,000 new cases will be diagnosed each year (Lewis, 2014)
• Heart Failure is estimated to cost the United States 32 billion dollars each year (Heart Failure Fact Sheet, 2013)

EVIDENCE-BASED PRACTICE QUESTION
P: Patients with Congestive Heart Failure (CHF)
I: Increase the amount of time the patient is educated
C: Standard of care of discharge education for CHF patients
O: Decreased readmission rate
T: 30 days after patient discharge

REGISTERED NURSE INTERVIEW
A cardiac specialized RN was interviewed:
Q: What is your opinion on preventing CHF patient readmission?
A: Follow-up education is very important and helpful. CHF readmission is very common and is something that needs to be addressed.
Q: Could patient education during and after discharge be improved in any way?
A: Yes, there needs to be some sort of follow-up and it doesn’t necessarily have to be from the hospital. A possible support group or volunteer program that could contact the CHF patient and check in on how things are going would be beneficial.
Q: What do you think about follow-up CHF education via phone call?
A: Yes, that would be a great idea, however this may be too taxing on a nurse who has a very busy schedule, which is why a volunteer system would be beneficial.

REFERENCES

SYNTHESIS OF EVIDENCE
Number of Articles Supporting Each Finding
- Finding 1: Telephone Follow-Up Program
- Finding 2: Six Months of Continued Education
- Finding 3: Tailor Education to Patient

What is Congestive Heart Failure (CHF)?
- Understanding is important for preventing rehospitalizations

EVIDENCE-BASED PRACTICE RECOMMENDATIONS
- Continuous education has been found to be effective and helpful in preventing CHF readmission and exacerbations in discharged CHF patients
- Research strongly suggests that hospitals should contemplate looking into other forms of education administration to CHF patients upon discharge
- Follow-up telephone programs, a minimum of 6 months of follow-up and tailored patient education has shown statistically significant findings in reducing CHF readmission rates

METHODS
- Databases and search engines used: Google, DogPile, PubMed, OneSearch, and CINAHL
- Key Terms: CHF, congestive heart failure, readmission, 30 day, rate, education, teaching, methods, hospitalization, upon discharge, heart failure, continued, and nursing
- Inclusions criteria: a) English language, b) published in 2004 or later, c) discussed CHF readmission rate and nursing education, d) compared post-discharge education to standard care education
- Of 25 articles read, 10 articles were used in the review of literature

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RESULTS
- Increased time of continued education is believed to be effective in decreasing the readmission of CHF patients within 30 days of discharge
- Our research has shown that by educating the CHF patient multiple times on measures to prevent CHF exacerbations is likely to prevent the readmission of that patient

LIMITATIONS
- Reviewed only articles in the English language
- Reviewed only a small portion of articles on this topic, not comprehensive
- Sample size in selected articles may not be fully representative of the population

SYNTHESIS OF EVIDENCE
- Major, mutual, overlapping findings were found in all articles:
  1. Telephone follow-up education program
  2. Six months continued education
  3. Tailor education to patient

- Increased time of continued education is believed to be effective in decreasing the readmission of CHF patients within 30 days of discharge
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