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# Effect of Continuous Education on Readmission Rates for CHF Patients

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# Effect of Continuous Education on Readmission Rates for CHF Patients

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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.

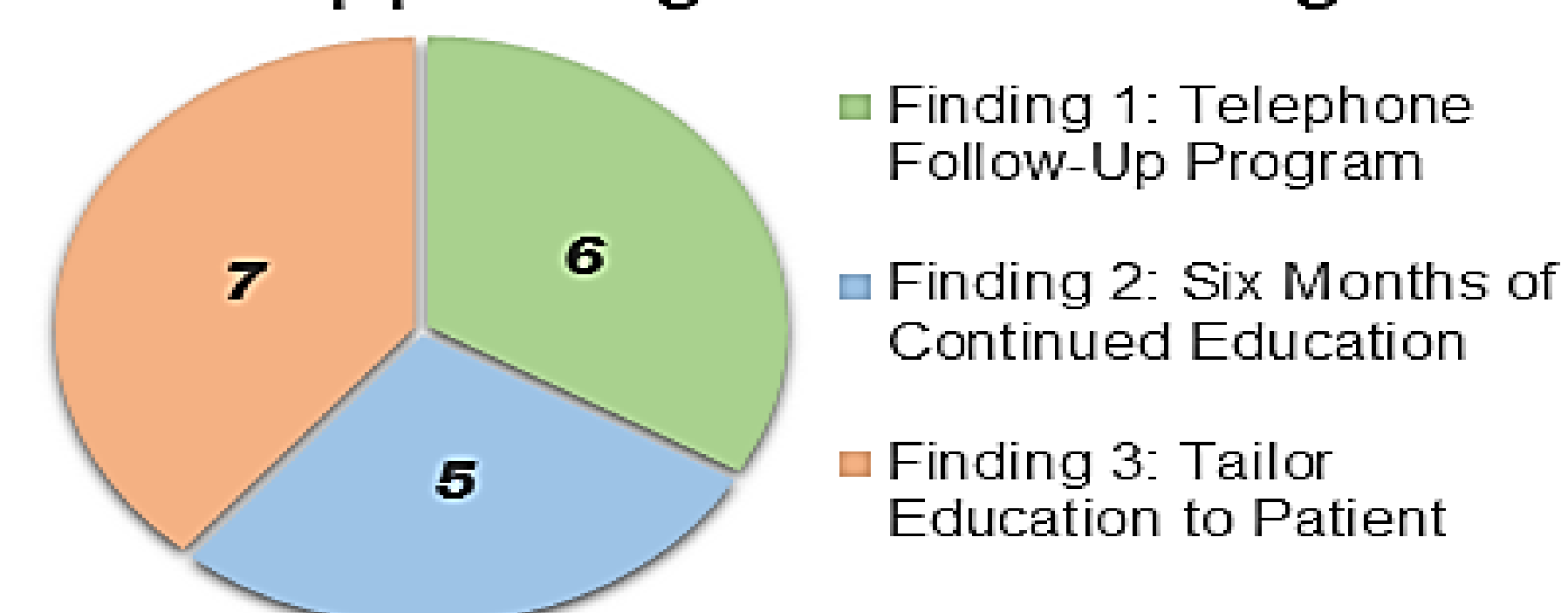
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## SYNTHESIS OF EVIDENCE

- Major, mutual, overlapping findings were found in all articles:
  - Telephone follow-up education program
  - Six months continued education
  - Tailor education to patient

Number of Articles Supporting Each Finding



## 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

	LOE1	LOE2	LOE3	LOE4	LOE5	LOE6	LOE7
Article 1				X			
Article 2				X			
Article 3				X			
Article 4		X					
Article 5	X						
Article 6		X					
Article 7		X					
Article 8					X		
Article 9					X		
Article 10			X				

## 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