

# Patient education and discharge follow up: An important tool in reducing 30-day hospital readmission of the heart Failure patients

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## Abstract

About 6.5 million adults in the United States have heart failure (HF), a condition that was deemed a contributing cause of 1 in 8 deaths in 2017, costing the U.S an estimated \$30.7 billion in 2012. Patients with HF who were inappropriately discharged without proper teaching and follow-up instructions were highly predisposed to readmission within 30 days. The readmission has been associated with worse outcomes, high costs, and more often, poor quality of life. After a systematic literature review, we concluded that the addition of discharge education adjuncts following hospital discharge decreases 30-day readmission rates and hospitalization length of stay. The objective of this research study was to provide comprehensive patient education throughout their hospital stay, to conduct discharge follow up either by a phone call or email and to support change in a 30-day hospital readmission of heart failure patients.

**Methods:** The study was conducted at Moses Cone Hospital, North Carolina, USA. It was a randomized control trail and quantitative retrospective research study where 30 patients admitted to the heart failure unit from December 2016-March 2017, were included on this research study. Pre-education questionnaire used asking patient about their awareness of daily weight, when to weigh, heart healthy diet, kept a log of their weight. Retrospectively reviewed all EMR for previous admission prior to comprehensive education. Comprehensive patient education via teach back provided to all patient throughout their hospital stay. Post discharge follow up conducted via telephone or email within 2-3 days of discharge. The same questions were questions were asked during the call or email sent

## Results:

Pre-education:	Post-education:
Not aware of daily weight (n) = 25	Not aware of daily weight (n) = 0
Aware of daily weight (n) = 25	Aware of daily weight (n) = 30
Kept a log of daily weight (n) = 5	Not aware of heart healthy diet = 0
Aware of heart healthy diet (n) = 10	Aware of heart healthy diet = 30
Not aware of heart healthy diet (n) = 20	Kept a log of daily weight = 30
Readmission = 28	Readmitted 30 days' post discharge = 1

## Conclusion:

After providing the patient comprehensive patient education and discharge follow up, a retrospective review of their chart showed 1 out of 30 patients in the study was readmitted within a month of discharge. This study showed that consistent focus on patient education and discharge follow up plays an important role in improving pt's. compliance of their medical regimen, leading to reduce hospital readmission.

## Biography

Dr. Rekha Aryal was working in the Cone Health The Moses H Cone Memorial Hospital, USA



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