Examining patient characteristics, care coordination, & medical management of heart failure patients that readmit within 7 days of discharge

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Introduction

- Heart Failure (HF) – one of leading diagnoses for hospitalization with median 30-day readmission rate of 23%.
- Observed Readmission Rate at JHH (2015)
  - 7 days: 30.51%
  - 8-14 days: 19.77%
  - 15-30 days: 49.72%
- Few studies have looked at 7-day HF readmission rates
- Shorter duration between discharge and admission perceived as correctable source of hospital management

Objectives

- Determine correctable factors of hospital management that may influence 7-day heart failure readmissions

Methods

- Retrospective chart review for 34 HF patients in 2015 that readmitted within 7 days of discharge
- Chart review data supplemented with Tableau database
- Excluded patients that were readmitted to another facility and left AMA and duplicates
- Collected data on patient characteristics (demographics, zip codes, income, length of stay (LOS), lab values, blood pressures) and hospital management (meds, scheduled follow up appointments, case management/social work consultation and heart failure education)

Conclusion/Future Directions

- Low income populations most at risk.
- Improve social work and case management coverage during readmission.
- Improve percentage of Heart Failure Bridge Clinic appointment-making.
- Improve number of patients receiving heart failure education.
- Improve percentage of patients on evidence-based heart failure meds.
- Improve care coordination.

Results

Patient Characteristics (N=34*)

*Includes patient duplicates. Some pts removed because not readmitted to med-surg floors.

Demographics

Patient Characteristics
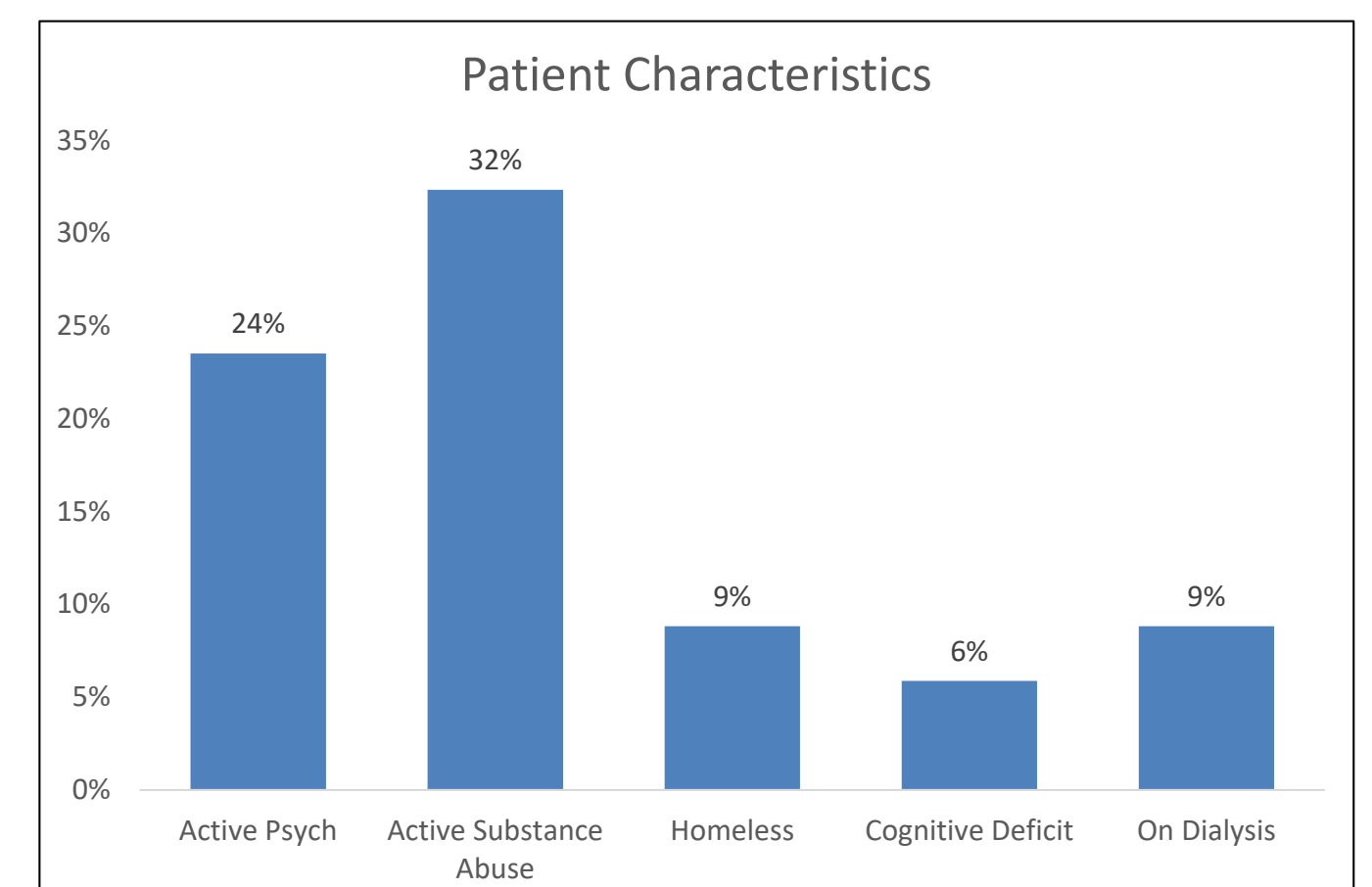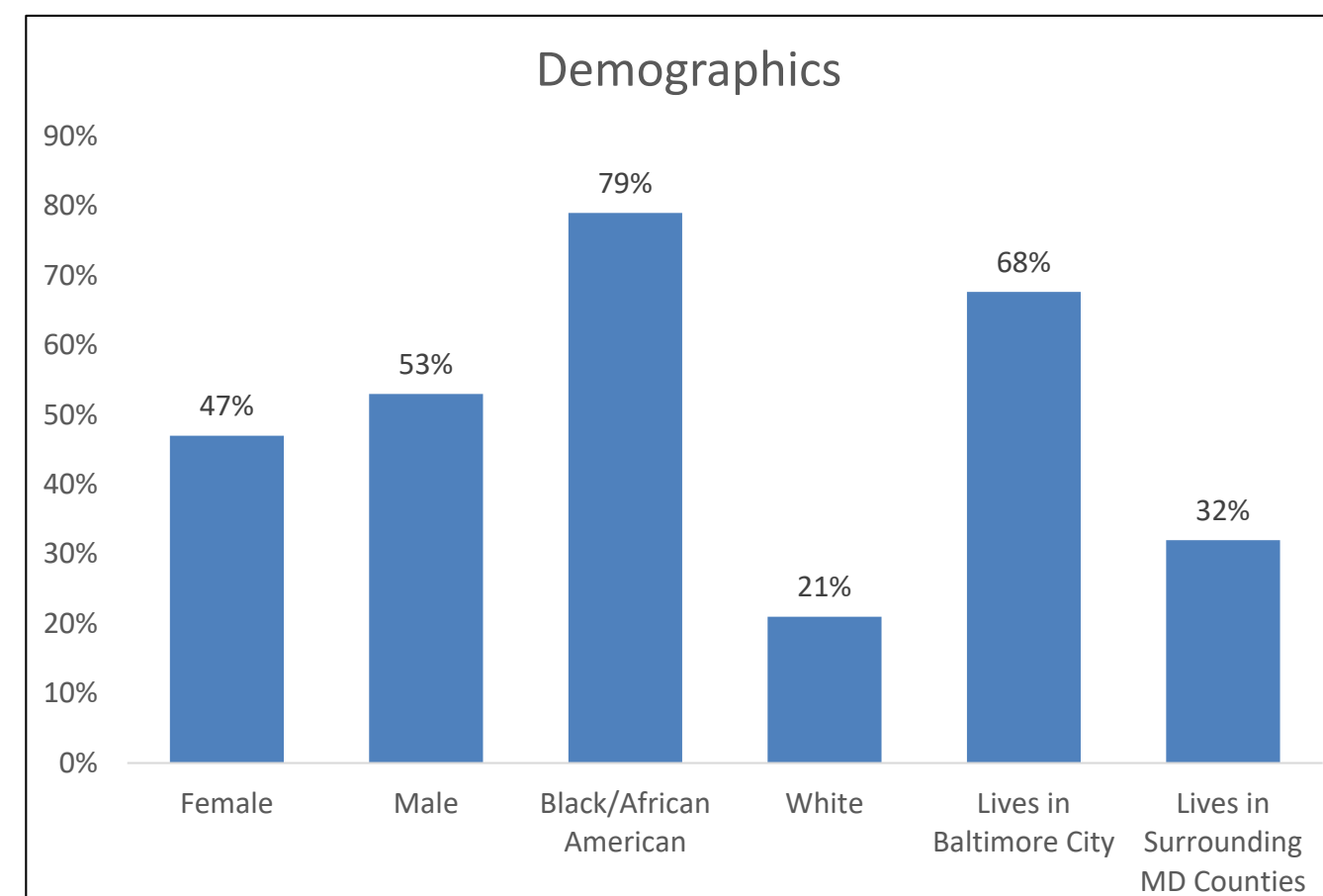
- Average age of patient: 57 years old.
- Average income of patient: $29,850.
- 53% of patients during readmission reported diet, fluid, and/or medication non-adherence.

Length of Stay	Mean	Median	Mode
LOS (Initial Admission)	6.6	5	6.2
LOS (readmission)	6.3	5	6

Care Coordination

Consults Received

Initial Admission - Appointments Scheduled At Discharge
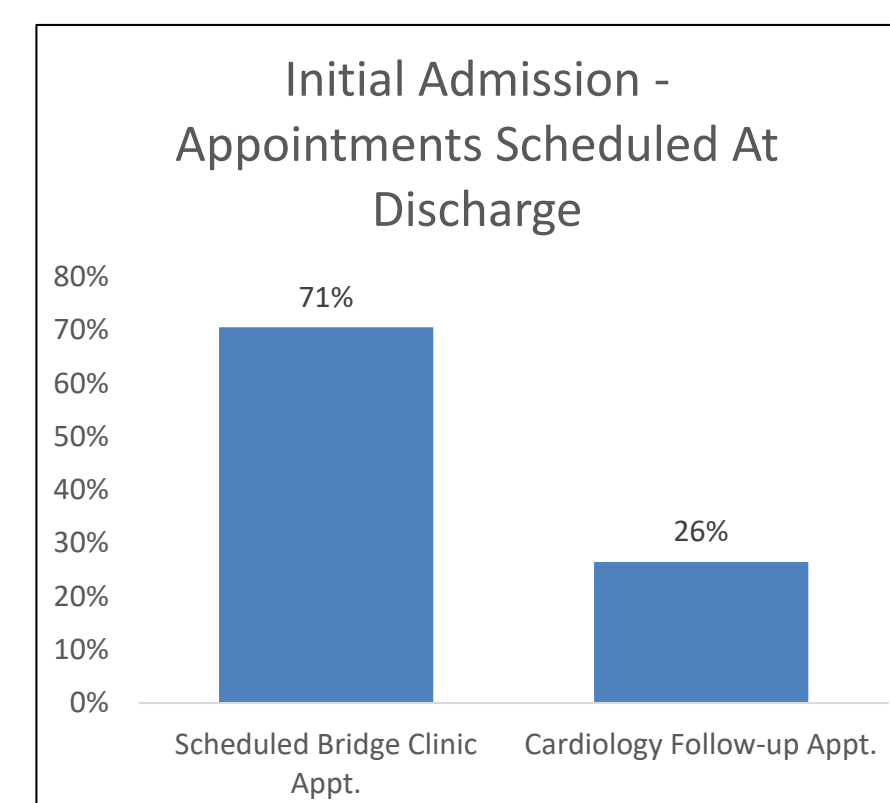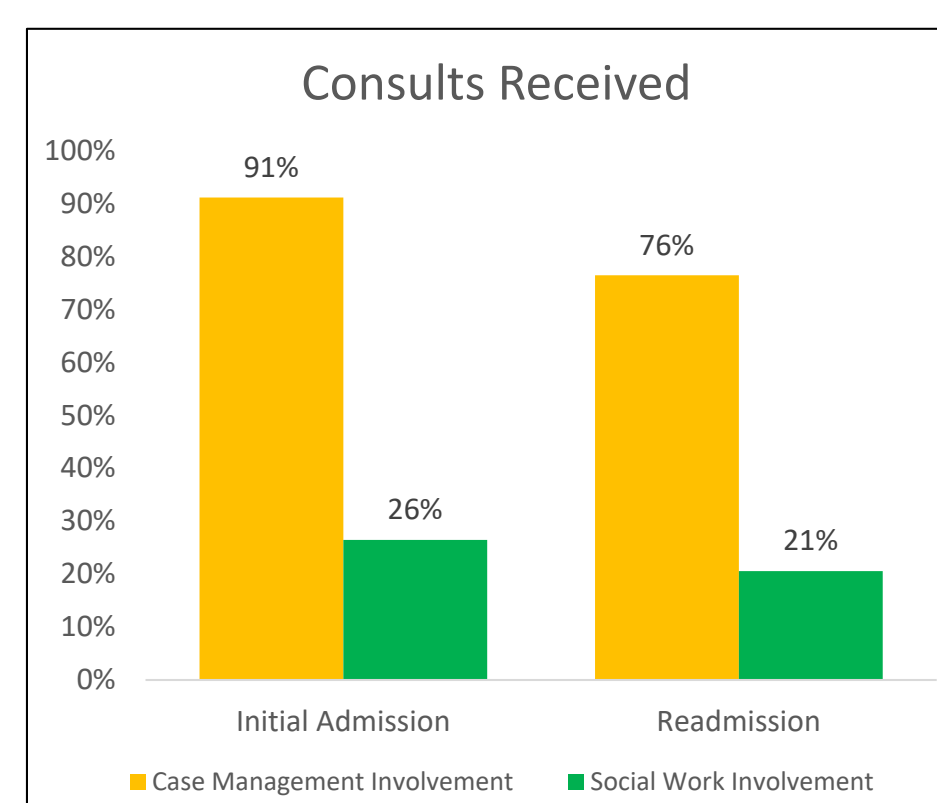
- 24% of pts were on Barker service on initial admission.
- 32% of pts were discharged on a Tuesday on initial admission.
- 47% of pts received heart failure education from a HF-RN during initial admission.

Medical Management

Medications
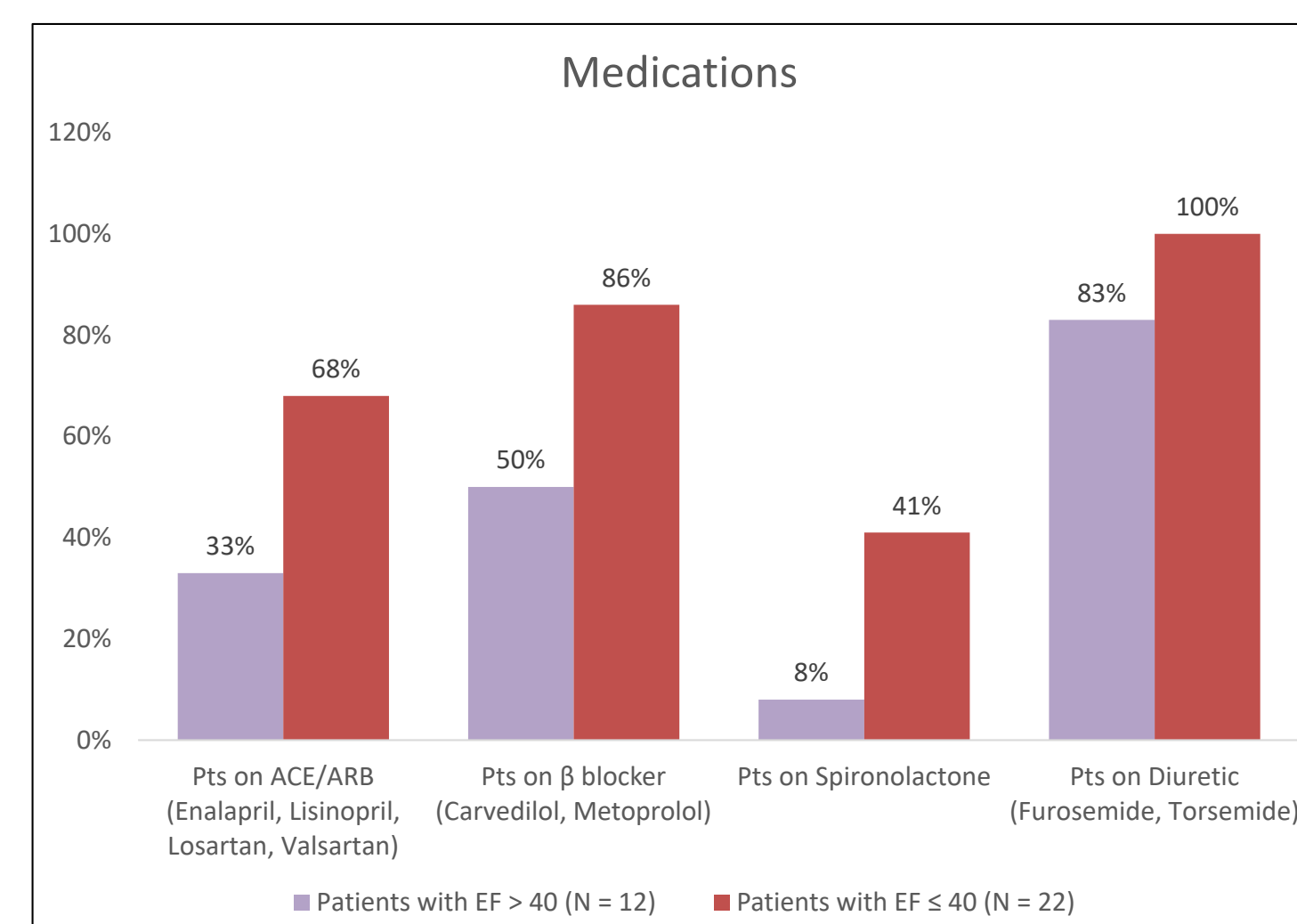
Labs from patients with EF > 40 (N = 12)			
Lab	Mean	Median	SD
Sodium	135.5	136.0	6.1
Creatinine	2.1	1.7	1.1
EF	58.3	55.0	5.4

Labs from patients with EF ≤ 40 (N = 22)			
Lab	Mean	Median	SD
Sodium	136.5	137.0	4.3
Creatinine	2.3	1.7	2.3
EF	24.3	20.0	10.3

Funding Source:

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