Does Standardized Nurse-led Heart Failure Education Improve knowledge and Self-care and Reduce 30-Day All Cause Readmission?

Abstract

Aims/Objectives: To standardize a nurse-led heart failure patient education and evaluate its impact on knowledge, self-care behaviors, and all cause 30-day hospital readmission. Background: Heart failure affects more than 6 million Americans and an estimated 23 million people worldwide. Design: quasi-experimental. Methods: We implemented an evidence-based standardized heart failure patient education program with telephone follow-up at 7, 30 and 90 days post-discharge. A convenience sample of (N=25) individuals diagnosed with heart failure were asked to complete Dutch Heart Failure Knowledge Scale and Self-care Heart Failure Index. Results: The mean baseline knowledge score was 12.21 and mean self-care maintenance score was 64.3% (70% indicates adequate knowledge). Conclusion: Findings suggest the importance of developing education programs that are focused on improving knowledge and self-care behavior for heart failure patients. Nurses are uniquely qualified to implement such programs that can improve health outcomes and need to accommodate evidence-based recommendations to global practice settings.