

Abstract

Background and Purpose: Effective patient self-management (SM) is an essential aspect of improving heart failure (HF) outcomes. SM interventions in patients with HF have a beneficial effect on HF readmission, all-cause death, and quality of life. However, as providers of patient education, nurses lack sufficient knowledge of HF self-management (HFSM). The purpose of this quality improvement project was to implement an evidence-based educational course to improve nurses' knowledge of HFSM and evaluate nurse confidence and satisfaction (NCS).

Methods: This project utilized a pre-and post-test design to measure nurses' knowledge of HFSM in the inpatient setting. The nurse knowledge of HF education principles survey (NKHFEPS) was administered to the same participants pre-and post-intervention. The intervention was a self-paced online video comprised of 4 modules. Each module was fifteen minutes long and was completed over two weeks. NKHFEPS was used to determine whether the intervention increased HFSM knowledge.

Results: A total of 14 participants who met inclusion criteria were recruited from medicine units at a teaching hospital. All 14 participants completed the pre-and post-intervention survey. Knowledge of HFSM improved from 15.29 (SD=1.64) pretest to 19.5 (SD=0.52) post-test ($p < 0.01$ level ($t=13$, $df=8.54$), which is significant. A 13-item NCS learning survey (NLS) was completed by 5 out of the 14 participants post-intervention. The NLS showed nurse satisfaction with how the course was taught ($M=5.5$, $SD=0.5$) and confidence in content mastery ($M=4.5$; $SD=0.5$).

Conclusion: Findings suggest an educational video led to a statistically significant rise in nurse knowledge of HFSM pre- to post-intervention. Thus, nurse leaders must provide nurses with continuous nursing education to enhance the knowledge necessary to deliver high-quality HFSM education.

Keywords: heart failure, self-management, intervention, nurse, education