

Abstract

Background and Purpose: Heart failure is the most common reason for hospital admission for patients over 65 years of age. Home health nurses can improve the transition of care and improve their patients' ability to manage their own care, but only if they fully understand heart failure management techniques themselves. Evidence shows that some nurses lack knowledge of heart failure treatment and management techniques, which may potentially play a part in increasing their patients' mortality risk. The purpose of this quality improvement project was to develop, implement, and evaluate an evidence-based heart failure training module designed specifically for home health nurses.

Methods: A simulated data set was designed based on Dearing and Cox's Diffusion of Innovation theory (2018) to represent a sample of home health nurses. The simulated data was matched in a pre- and post-test design with another post-test 45 days later for retention of knowledge. The intervention included a video educational module on heart failure training for home health nurses. The pre- and post-test surveys were modified versions of the Dutch Heart Failure Knowledge Scale and the Learning Self-Efficacy Scale. Paired t-tests and Wilcoxon Sign Rank tests were run to evaluate for significant change in scores.

Results: The sample included 40 simulated personas. Results showed an increase in knowledge mean (52% to 84%) and confidence mean (63% to 76%) from pre- to post-test with retention of knowledge at 45-day post-test (83% and 74% respectively).

Conclusions: An education module can result in large gains for nursing knowledge and confidence in heart failure management among home health nurses.

Implications: Implementing heart failure training for home health nurses with similar personalities and experience to the simulated personas may have a comparable increase in knowledge and confidence of heart failure management.

Keywords: home health; heart failure; nurse education; education intervention; simulated data