Implementing Individualized Education for Patients with Heart Failure

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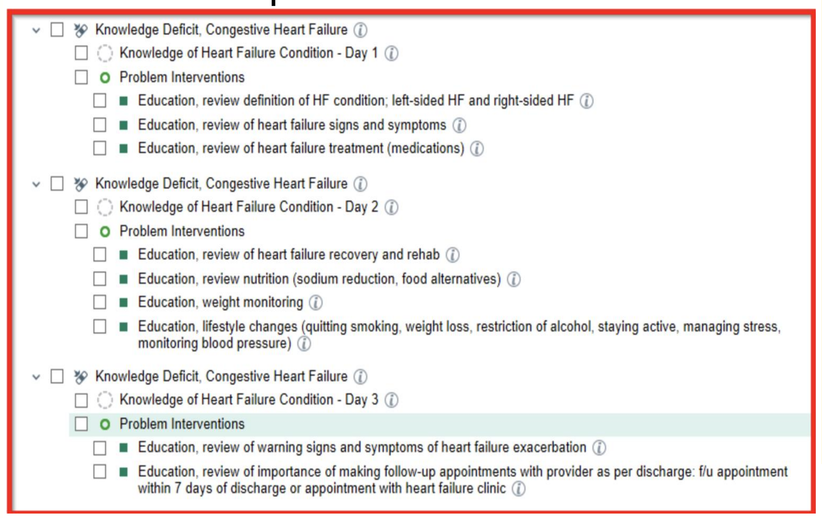
PICO

Among patients diagnosed with heart failure, how does utilizing patient education tools, such as the heart failure folder and implementing a 3-day education nursing care plan, improve health literacy among patients

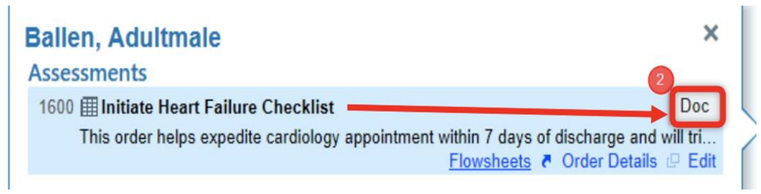
BACKGROUND

Hospital readmission of patients with CHF is found to be dependent on health literacy. Nurses play a central role in providing relevant information to patients with increased risks of CHF. We have seen CHF patients be overwhelmed with the amount of education being provided to them in one session. Along with that, nurses also get overwhelmed and have limited time to provide adequate education to prevent readmission.



FINDINGS

- Current challenge for patients and nurses in this population is the short length of stay and content dense education needs.
- Once a patient is admitted with CHF, the heart failure bundle will be activated on EPIC to initiate the education. The heart failure bundle on EPIC will have to be documented on every 12 hours by the nurse. By doing so, the nurse will be able to figure out what other educational materials/topics needs to be addressed. This enables proper education is being given to the patient and enable nurses to not be overwhelmed when discharge is being done.

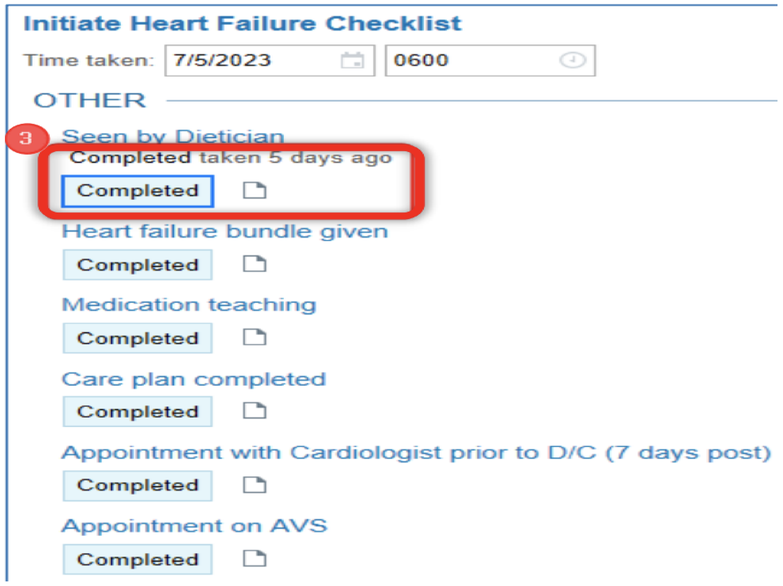


CONCLUSIONS

Individualized, staggered education sessions for heart failure patients may have a positive benefit in improving heart failure related knowledge, self-care behaviors, and quality of life.

RECOMMENDATIONS

With the implementation of the heart failure bundle and folder, education will still have to be done with nurses on how to effectively use it. In addition, this educational bundle will need time, specifically 6 months, in order to determine the outcome - improved health literacy among patients.



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REFERENCES