Readmission Rates: What Congestive Heart Failure Patients Need to Know.

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Abstract:

With an increasing amount of heart failure patients being discharged without the proper education and understanding of congestive heart failure, as well as adequate outpatient recourses, thirty-day readmission rates continue to rise. Recent publication from the Joint Commission now requires hospitals to provide their heart failure patients with discharge instructions consisting of six principles for the proper management of congestive heart failure: exercise, daily weight monitoring, diet, medication adherence, outpatient follow up/recourses, and the signs and symptoms of congestive heart failure exacerbation. Despite the implementation of these guidelines, thirty-day readmission rates still remain high due to complications that arise within the first month after discharge. This may be due to a lack of an evidence-based approach as to whether a patients' comprehension of these discharge instructions affect thirty-day readmission rates. This poster presentation will provide multiple case examples using an evidence-based approach on how the comprehension of discharge information affects the thirty-day readmission rate, as well as a discussion on the efficacy various teaching modalities.

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Biography:

Kevin Liebmann is a registered nurse by profession on a cardiopulmonary rehabilitation unit at a NYC hospital. He holds a BSc in Exercise Science from Rutgers University, an MSN in Nursing from Columbia University, and is currently pursuing his Doctor of Nursing Practice degree in Family Medicine at Columbia University. Kevin has presented at Columbia University about CAUTIs and Illicit Fentanyl Use. Kevin has also developed a care coordination and transition of care proposal at New York Presbyterian. Kevin is very passionate about research and making advancements in the nursing profession.

Publication of speakers:

1. Using teach-back method to prevent 30-day readmissions in patients with heart failure: a systematic review, 2017.

2. Clinical Performance Measures for Adults With Chronic Heart Failure: a report of the American College of Cardiology/American Heart Association Task Force on Performance Measures, 2017