

# PATIENT EDUCATION OF HEART FAILURE PATIENTS AND FOLLOW-UP AFTER DISCHARGE

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## **Background**

Patients' ability to understand and recall health information that has been taught to them can be minimal at best. An evidence based strategy called the "teach back" method was used to improve recall and comprehension of three important concepts related to a patient's heart failure (HF). Results will be compared to usual plan of care vs. intervention group. Thirty day hospital readmission rates will also be assessed and compared.

## **Methods**

We provided patients in the intervention group with patient education that was provided to the "usual care" group, but added the "teach back" strategy focusing on three specific questions for the patient to remember post-discharge. In addition, patients would be given review cards for these three questions, which included answers and a place they could write down a strategy to complete a specific goal. A magnet that provided the answers to the questions would also be given to the patient that included a place where the patient could write down the name and phone number of which physician to contact. Results will be compared with the usual plan of care vs. the intervention group findings.

## **Results**

Seven individuals signed consents, of which 6 participated in the control group. Results thus far show an average score of 2.6/6 points. Some answers that people gave of when to contact their physician were related to the feeling of heavy legs, lightheadedness or feeling dizzy. Current findings may suggest that individuals with HF using the current practice are not getting a good grasp of what they are being taught, and thus possibly affect hospital readmission rates. Findings may also suggest that individuals with HF are unclear what weight gain they should report to their MD, which may also affect hospital readmission rates. These results are preliminary and still need to be compared to the results from the intervention group.

## **References**

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