Abstract

This study aims to investigate the effectiveness of heart failure patient education at IU Health Ball Memorial’s Heart and Lung Center. Heart failure falls under the category of cardiovascular disease, which is the number one cause of death for both men and women in the United States. Patients experiencing heart failure are likely to readmit to hospitals, causing the implementation of the Hospital Readmissions Reduction Program (HRRP) by the Affordable Care Act, which penalizes hospitals for having high numbers of 30-day readmissions. Hospitals across the country are working to prevent heart failure patient hospital readmissions by improving their patient education; however, one best method has not been found. The main purpose of this study is to identify the information patients are and are not retaining, when they prefer to hear information about their diagnosis, and their likelihood of attending the Heart Failure College program at the hospital. In this study, 26 patients seen in the Heart Lung Center completed an inpatient survey, and seven patients seen at home by the community paramedic completed an outpatient survey. Results suggest that patients are familiar with most topics linked to their heart failure diagnosis with the exceptions of heart failure zones of care, mood changes, and palliative care. Most patients preferred learning about disease management on the day of their diagnosis as opposed to after the first appointment post-discharge. In addition, many patients stated they would not attend Heart Failure College due to the time commitment; however, they would prefer to receive the same information via paper reading materials or discussions with Heart Failure College educators by phone.

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