COPD FOCUS STUDY: IMPROVING EDUCATION & REDUCING RE-ADMISSIONS

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The Christ Hospital developed a Phase 1 Pulmonary Rehabilitation program.

This program focuses on:

- Inpatient education of chronic obstructive pulmonary disease (COPD) patients
- Reduction of 30-day re-admissions
The aim of this study is to:

- Implement a newly developed inpatient COPD education program designed to reduce 30 day re-admission rates
- Track and monitor outcome data
*Recently there have been hospital penalizations for COPD re-admissions within 30 days post-discharge

*Increased focus on causes for COPD readmission rates:
  • Impact on quality of care
  • Impact of financial penalties
**DESIGN**

*Multidisciplinary COPD Focus Study formed

*Participants tracked the following:

- COPD admissions
- COPD re-admissions
- Patient education

*COPD Education program was initiated, and Registered Respiratory Therapists educated every patient with the physician-prescribed COPD Education order set.

*Education performed at patient’s bedside at least 48 hours after admission
The COPD Education program founder developed the following:

- A flip book to assist in providing education at the bedside
- COPD brochures for patient review
- COPD Action Plans for utilization

*COPD Focus Study conducted monthly meetings for the first year

*After the first year all participants met when needed

*Monthly reports were sent to the COPD Focus Study participants to review COPD readmissions every 30-day period
RESULTS

- In 2015, The Christ Hospital had a 15.40% COPD re-admission rate after a full year of the implemented COPD Education program.
- The Christ Hospital currently has a 15.27% COPD re-admission rate for 2016.
- There was a 0.13% decrease in COPD re-admission rates for 2015 to 2016 year-to-date.
- COPD Education order set was employed 619 times in 2015.
- Many of the re-admissions were generated by the same patients.
- Physician referrals were sent to patient-selected Pulmonary Rehabilitation facilities.
CONCLUSIONS

• The Christ Hospital is continuously finding ways to improve this program
• In 2015, purpose of the project was met with a 0.13% decrease in COPD readmissions through the use of COPD Focus Study
• In 2016, we are aiming for a larger reduction is COPD readmission rates as there is still room for much improvement
• The Christ Hospital is currently in the process of creating an Asthma Education program and order set
IMPLICATIONS

*This project reinforced the notion and raised awareness of the importance of inpatient COPD Education

*COPD Focus Study discovered that follow-up was needed post-discharge in order to ensure compliance with the following was occurring:

• Pulmonary function testing (PFT)
• Medication adherence
• Scheduling follow-up physician visits

*We are currently in the process of transitioning from our COPD Education program to a more broad, multi-focal Pulmonary Disease Education program.