Outpatient Cardiac Rehabilitation Patient Education
Katie Bergman BSN, RN, CCRP, CVRN, Julie Green BSN, RN, CNML, and Patricia Spiser BSN, RN-BC

Introduction
A patient’s lack in comprehending and following discharge instructions can affect readmissions. The most effective patient education delivery methods were those that accounted for the patient’s individual needs, were structured, and incorporated multiple different learning styles. The nurse’s role is to provide the patient with tools to increase his/her self-care and self-efficacy. It was therefore hypothesized that increasing knowledge of modifiable risk factors for heart disease would improve outcomes and decrease readmissions of cardiac rehab participants.

Objective
The objective is to increase knowledge of the modifiable risk factors for heart disease by outpatient cardiac rehab participants. Modifiable risk factors for heart disease include: Diabetes, Hypertension, Physical Activity, Stress, Dyslipidemia, Obesity, and Tobacco Use.

Materials and Methods
Patient education posters and small equipment signs were created (see Fig. 1). Subject material is rotated every two weeks. Daily quizzes were also developed for patients’ to complete at each session for memory retention. A quiz named “What do you Know?” is completed by each patient before beginning cardiac rehab and again upon completion (36 sessions) of cardiac rehab (see Fig. 2).

Conclusion
Patients’ quiz scores increased by an average of 45% (p<.0001). This shows their knowledge of the modifiable risk factors for heart disease increased and the teaching tools used were effective.

Limitations
The pre education scores for those patients who did not complete outpatient cardiac rehab were not included in the data, only data from patients who completed the entire program was included in data abstraction and results. Also, more data needs to be collected to determine if this education initiative has affected readmission rates.

References

Results
As seen in Figure 2, patients’ quiz scores increased by an average of 45% (p<.0001) after completion of outpatient cardiac rehab and the corresponding education.

Figure 1: Example of small equipment sign used for outpatient cardiac rehab patient education.

Figure 2: This graph shows the patient “What do you Know?” scores in percentage correct before and after education.