

Reduction of Hospital Readmissions: Quality Improvement

Julia Bushnell

Lakeview College of Nursing

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Professor Travis Whisman

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New problems arise in healthcare consistently. Because of this, research and analysis must be routine and focus on quality improvement within treatment. Quality improvement builds on knowledge, skills, and attitudes. Knowledge is improved by assessment and reflection within the clinical setting (QSEN Institute, 2020). Certain skills required for quality improvement include practice, identification, navigation of the electronic health record, and participation in research (QSEN Institute, 2020). An attitude that appreciates the need for quality improvement will be beneficial to the overall outcome (QSEN Institute, 2020). The article is a quality improvement meta-analysis over the results of a study conducted to minimize hospital readmissions in geriatric patients (Dautzenberg et al., 2021). This research includes the interventions the healthcare team needs to complete prior to discharge to achieve the best probable outcome for the patient (Dautzenberg et al., 2021).

Article Summary

Medication review in addition to patient education and medication reconciliation has been shown to decrease the amount of rehospitalizations seen within the geriatric patients (Dautzenberg et al., 2021). The article found 4,045 studies to collect data from to test their theory about reduction of readmissions (Dautzenberg et al., 2021). The participants were aged 65 years or older, both male or female, that had been discharged to home or a rehabilitation center within the past 30 days (Dautzenberg et al., 2021). Research found that performing medication review alone does not reduce the risk of rehospitalizations (Dautzenberg et al., 2021). This data indicates the importance of performing all tasks such as medication reconciliation and patient

education in addition to medication review to make a positive impact on results (Dautzenberg et al., 2021).

Introduction

The meta-analysis article studies the role of medication reconciliation, medication review, and patient education in terms of reducing the risk of readmissions within hospitals (Dautzenberg et al., 2021). For the geriatric population, hospitalizations can be a major setback to their overall health. An unfamiliar setting without the usual routine can cause confusion and/or impact the overall mental health for the older adult. After discharge, these clients are at risk for decline, falls, confusion, and delirium which can ultimately lead to rehospitalization (Dautzenberg et al., 2021). Rehospitalizations related to inadequate medication compliance is a frequent occurrence seen in healthcare (Dautzenberg et al., 2021).

Overview

The QSEN Institute demonstrates skill in quality improvement by seeking “information about outcomes of care for populations served in care setting,” (table 4, 2020). The intent of this article is to evaluate the interventions that take place in the care setting post discharge (Dautzenberg et al., 2021). Setbacks such as a fall or infection are typically minor in younger populations. However, in older adults, these setbacks can become fatal. Performing education, medication reconciliation, and medication review can decrease the likelihood of readmissions in older adults and therefore promote better health with an increase in quality of life (Dautzenberg et al., 2021). The charts within the article demonstrate the comparison between performing medication review alone and medication review along with patient education and medication

reconciliation (Dautzenberg et al., 2021). These charts revealed a decrease in rehospitalizations (Dautzenberg et al., 2021).

Quality Improvement

The proper education to patients or the patients' caregivers has proven to have a positive outcome following hospitalization. Performing these interventions prior to discharge or two weeks within discharge promotes quality improvement. Following a medication regime from one facility, such as the hospital, to another, a nursing home, can lead to confusion or other problems (Dautzenberg et al., 2021). Medication reconciliation and patient education are interventions nurses or other members of the healthcare team can complete prior to discharge. Hospitals are consistently having issues with readmissions amongst the geriatric community (Dautzenberg et al., 2021). Through education, the patient (or caregiver) can understand the importance of medications and treatment. This intervention can also clarify any prior confusion, increasing the likelihood of compliance.

Application to Nursing

Here add in a summary of the information learned to the application to practice. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Practice

Paragraph goes here discussing the application to practice. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Education

Paragraph goes here discussing the application to education. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Research

Paragraph goes here discussing the application of research. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Conclusion

Write a conclusion here in your overall paper. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

References

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https://qsen.org/competencies/pre-licensure-ksas/#quality_improvement