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Knowledge deficit on medication adherence of the chf population: The effects on hospital readmissions

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Congestive Heart Failure (CHF) is a chronic and progressive condition where the heart fails to pump blood correctly throughout the body. CHF is primarily a disease that affects the older population. More than five million Americans are living with CHF. Since medications are the primary treatment for CHF we wanted to look into evidence-based research to find out ways in which education can be beneficial. The purpose of this capstone research project is to have patients answer questions honestly about their medications in hopes of finding out the reasons for medication non-adherence. This then leads them to be readmitted into the hospital. The most common reasons medication non-adherence occurs is difficulty remembering to take their medications and the difficulty of swallowing them. Using Orem's theory of self-care deficit to teach medication adherence in the CHF population can increase self-care activities, which in return decrease readmissions. In other words, having a strong self-care routine is encouraged and requires one to obtain knowledge of both disease and treatments. Once self-care deficits occur, the progression of the disease worsens and management of signs and symptoms become more difficult to maintain. Hospital admissions turn into frequent readmissions. With proper education from nursing personnel, self-care deficits such as medication non-adherence can be changed for the better.