

Nursing discharge planning of hospitalized elderly in medical unit

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Nursing discharge planning for elderly patients is a critical component of health care. It is crucial for continuity of care, effective communication with other health care providers and for reducing adverse effects such as medication errors or rehospitalization.

The aim of this study is to investigate whether elderly patients, from medical units, who receive comprehensive discharge planning is associated with improved readiness for hospital discharge, reduced anxiety at the time of discharge and decreased health care utilization after discharge. Secondly, I evaluate which interventions influence patient perceived readiness for discharge.

Using a predictive correlational design, a convenience sample of 235 patients was recruited. Patients aged 65 and older from 4 units were enrolled between November 2011 and October 2012. The Readiness for Hospital Discharge Scale and Hospital Anxiety Depression Scale were used 1 day prior to discharge. Types and level of interventions were extracted from the medical charts and analyzed according to the Naylor model components. Descriptive analyses and a two-level linear random model were used for statistical analyses.

The results show few patients received comprehensive discharge planning interventions including the key elements defined by the Transitional Care Model (TCM). Patients less ready to go home received more nursing discharge interventions.

By focusing on each component of the discharge planning, this study provides a greater understanding of the nursing process currently implemented in our hospitals. It has identified gaps between current practices and those reported as the most effective in the scientific literature.

Biography

Cedric Mabire completed his Ph.D. in Nursing Science from University of Lausanne, Switzerland, and postdoctoral studies at University of Pennsylvania, The New Courtland Center for Transitions and Health. He is the Head of Nursing Research course for nursing bachelor degree, at University of Health Sciences (HESAV). He is interested in transitional care for older people and determines the core element of discharge planning and health related outcomes on elderly.

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