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Reducing heart failure 30-day readmissions: Results of implementation of best practices

Sandra Oliver-McNeil
Wayne State University, USA

Heart failure (HF) is one of the leading causes for hospital admissions, with approximately 870 000 annual hospitalizations and 30-day readmissions rates of 19.6%. The cost of HF treatment is increasing, and CMS is placing increasing pressure on institutions to reduce length of stay and 30-day readmissions. 30-day HF readmissions can be reduced if multiple interventions are implemented, including 7 day follow up. The processes in which to implement multiple HF evidence based strategies and assure 7 day follow up can be a challenge for hospitals. Twelve (urban and suburban) area hospitals in a Midwest state agreed to participate in a multisystem collaborative (CH) between May 1, 2012 and March 30, 2013 to implement evidence based strategies to reduce 30 day readmissions. A process matrix was developed to assist CH to identify goals for improvement. Through 4 in-person meeting and 8 webinars, 12 learning sessions were designed to focus on one or more of 6 process metrics based on CH needs and experiences. A comparison of Medicare Fee-for Service beneficiaries' 30-day readmission included claims data collected between May 1, 2011 through April 30, 2012 of participating hospitals, and May 1, 2012 through March 30, 2013 of state wide non-participating hospitals. Bringing together hospitals from multiple healthcare systems within a region to share best practice can improve 7 day follow up and reduce HF 30 day readmissions. Implementation evidence based strategies required a team commitment from both staff and physicians.

Laughter is the best medicine: An interactive and research based approach to reducing stress

Gene C Haynes
Learn 2 Laugh Inc., USA

In this interactive seminar, the author will share new research that confirms laughter as an alternative means for better health, increasing work productivity, improving work place moral, team building and communication. In addition, the presenter will cover how one can improve their health by simply laughing. Audience members will engage in fun new exercises and ice breakers, proven to not only boost the immune system and improve health. The exercises consist of laughing and breathing without jokes, humor or comedy. The laughter yoga trend recently had media coverage by CNN and The Discovery Channel. Audience members will learn how to incorporate laughter into the classroom and workplace. He has studies the proved changes in health by simply laughing. Research has also shown how it improves our social well-being. During tough economic times many are stressed. This presentation will teach audience member how something so simple as laughing can help to change the world we live in.

Learning Objectives:

1. To increase the audience members awareness of the old adage "laughter is the best medicine"
2. Educate audience members on the research of laughter by Norman Cousins, Dr. Patch Adams and Dr. Madan Kataria
3. Audience members will learn new methods of reducing stress for themselves and how to incorporate laughter into their daily lives
4. Learn how to apply the benefits of including laughter as part of the work day
5. Encourage health professional to incorporate laughter within their practice