Nurses' Knowledge of Evidence-Based Education for Heart Failure

Author: Margaret Smith, DNP, FNP-BC
Assistant Professor of Nursing
Moravian College
Bethlehem, PA 18018
DNP Scholarly Project

Background

•Healthcare organizations are strategically working to identify educational methods that may reduce the burden of heart failure (HF) in the adult population.

•The Heart Failure Society of America (2010) and AHA (2009) assert that patient education and promotion of self-care that focuses on signs and symptoms of worsening condition, diet, weight, medications, and exercise are priorities for the self-management of HF.

•Teaching HF self-care to patients underscores the importance of patient participation in daily self-care decisions and allows patients to perform self-management.

•There is a lack of data and literature specific to the knowledge of nurses in the post-acute care healthcare setting regarding evidence-based HF self-management principles.

Aim/Objectives

• Assess nurses' knowledge of five evidence-based practice HF self-management principles including diet, fluids/weight, signs and symptoms of worsening condition, medications, and activity level.

• Characterize knowledge scores of nurses regarding evidence- based practice HF self-management principles.

• Describe whether the level of HF knowledge varies by years of experience, educational preparation, or licensure.

Methodology

• This descriptive, correlational study assessed nurses' knowledge of evidence-based practice HF self-management principles.

•Knowledge of HF principles was assessed using the Nurses Knowledge of Heart Failure Principles (NKHFP) survey.

•Descriptive statistics and graphical methods define the distributional characteristics of knowledge scores and sample's demographics including years of experience, educational preparation, and licensure.

•Group differences for RN's and LPN's for scores was evaluated using a two group t-test. Group differences with selected demographics was be evaluated using analysis of variance (ANOVA).

Theoretical Framework

• The transitional care model (TCM), developed by Mary Naylor, addresses the vulnerable components of transition for patients while moving from one level of care to another (Naylor, 2011).

•The TCM is designed to ensure health care continuity and prevent poor preventable outcomes for at risk populations, namely those with chronic illness (Naylor, 2011).

•The model identifies five major issues that occur during care transitions, which include a high level of medication errors, serious unmet needs of patients, poor satisfaction with care, high rates of preventable readmissions, and tremendous human and cost burden (Naylor, 2011).

•The theory focuses on eight distinct needs of patients during the transitional care period.

•Those elements include screening, engaging elders and caregivers, managing symptoms, educating and promoting self-management, collaborating, assuring continuity, coordinating care, and maintaining relationships (Naylor, 2011).

Results

• A total of 45 RNs and 47 LPNs with varying educational degrees and nursing years of experience voluntarily completed the NKHFP survey within a four-week time frame.

•The *t*-test comparison of RN and LPN knowledge scores identified no statistical significance t (90) = 1.54, ($p > 0.05$).

•Analysis of variance results did not show statistical significance between knowledge scores and educational degree [F (4, 85) = 2.236, $p > 0$ .072].

•Analysis of variance results by knowledge scores and nursing years of experience did not show statistical significance [F (2, 89) = 1.030, $p > 0$ .361].

Practice Recommendations

• Develop educational interventions inclusive of evidence-based HF self-management principles for post acute care nurses.

•Develop and implement new knowledge tools that can assess nurses' knowledge level of HF self-management principles.

•Multi-center study replicating this study to determine nurses' knowledge of HF self-management principles.

•Incorporate advanced practice clinicians into curriculum development of educational interventions.

•Evaluate education strategies throughout nursing homes to optimize HF education for nurses.

References

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