Improving Nurses’ Knowledge of Heart Failure Education Principles

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Objectives

- Discuss key principles of Heart Failure self-management
- Describe 3 techniques to customize Heart Failure self-management education to improve patient outcomes
- Use Heart Failure strategies to engage patient and family to provide patient-centered care

Purpose

- Describe an evidence-based practice project to evaluate the effect of a heart failure (HF) educational initiative on registered nurses’ (RNs) knowledge of the key principles of (HF) patient self-management education

Background

- Heart failure is the most common diagnosis on discharge from a Veterans Affairs (VA) medical center
- RNs need to assure the Veteran is educated with accurate and practical HF self-management information in order to share responsibility for the management of HF and avoid hospitalization
- The literature reports a disconnection between what RNs teach and what HF patients need to know

Framework

Bandura’s Self-Efficacy Theory

- Self-Efficacy beliefs influence thinking, behaviors, and the motivation to perform actions; that is, the person’s own perception of competence reflects their capability to engage in actions
Methodology

- **Sample/Setting**
  RNs on the inpatient cardiology unit at the Clement J. Zablocki VA Medical Center

- **Pretest-Posttest Design**
  A pretest posttest design evaluated RNs (n=17) knowledge of HF self-management principles with scores from the Nurses Knowledge of Heart Failure Education Principles Survey (HF Education Survey)

- **Data Analysis**
  Repeated measures ANOVA. Paired samples t-test to make post hoc pair-wise comparisons with a Bonferroni calculated p value of p<0.017

Procedure

- **Pretest** – The HF Education Survey was completed between 2/28/14 and 3/16/14
- **The HF education session occurred between 4/19/14 and 5/21/14
- **Posttest** – The HF Education Survey was completed approximately 2 weeks and 12 months (5/2015) after the HF education session ended
- **A HF education packet was developed to give to all Veterans upon discharge**

Instrument

"Nurses Knowledge of Heart Failure Education Principles Survey" (Albert, 2002 ©)
- Expected score 87.5
- Content/face validity established
- Test/retest reliability established

Results

- A significant effect on test scores after the HF education session F(2,32)=10.102, p<0.001
- A significant improvement from pretest scores (M=82.1%; SD=6.85) and scores 2 weeks (M=91.8%; SD=7.69) p=0.005 and scores 12 months (M=88.0%; SD=7.08) p=0.016 after the HF education session

Outcomes

- Inconsistent knowledge in principles of fluid restriction, weight monitoring, ache and pain management, salt substitution, and signs and symptoms in which patients should notify their physician
Implications

- Expand the HF initiative to all inpatient nursing units and outpatient specialty/primary care clinics; tailoring sessions to meet the educational needs of the staff
- Future Work: Chart review to evaluate readmission rates and hospitalizations of Veterans who participated in HF self-management education

References


Questions