Home Sweet Home: Improving Diabetic Discharge Education

INOVA ALEXANDRIA HOSPITAL, INOVA FAIRFAX MEDICAL CENTER, INOVA FAIR OAKS HOSPITAL, INOVA LOUDOUN HOSPITAL, INOVA MOUNT VERNON HOSPITAL

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Introduction and Problem Statement

- US prevalence of diabetes among adults is 13% (CDC, 2020)
- 7.8 million hospital discharges included diabetes diagnosis (CDC, 2020)
- Careful diabetic management is vital to prevent complications
- Inova Health System recognized the need to develop a consistent approach to teaching hospitalized adult patients with type II diabetes by addressing:
  - Knowledge deficit among providers about self-management for patients with diabetes as well as the resources available, specifically the Inova Center for Wellness and Metabolic Health
  - Lack of tools for education, such as insulin pens and home glucometers
  - Education and improved resources for Inova nurses caring for patients with diabetes
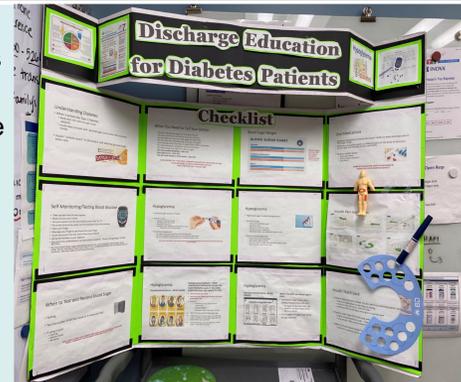
PICO Question

Among patients with Type II diabetes on adult medical surgical units, does improved nursing knowledge and the standardization of diabetes education materials and self-management education improve patients' diabetes knowledge as measured by an increase in scores on the Diabetes Knowledge Questionnaire (Eigenmann et al., 2011; Rothman et al., 2005)?

Project Goals

- Enhance nurses' knowledge about diabetes after education, measured as increased scores on the Diabetes Knowledge Questionnaire
- Develop Diabetes Education Toolkit for nurses to use for educating patients about diabetes safety survival skills
- Improve patients' knowledge about diabetes after education as measured by increased scores on the Diabetes Knowledge Questionnaire

Intervention- Improvement Methods

1. Educated 97 nurses across the system about survival safety skills for patients with diabetes and the newly developed resources to use for teaching
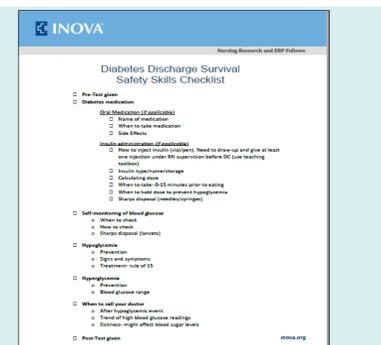

2. Adapted Diabetes Knowledge Questionnaire to measure nurse's and patient's knowledge gains with education

Diabetes Knowledge Questionnaire:
- Focus on safety skills
- 10 questions
- Multiple Choice and True/False

3. Developed a Discharge Diabetes Teaching Survival Safety Skills Checklist
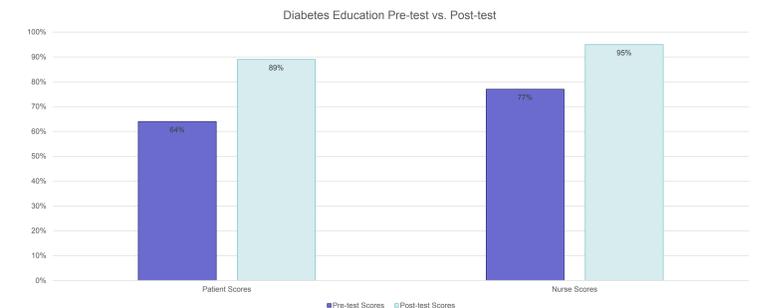

4. Created Diabetes Education Toolkit for each unit and initiated pulling all digital resources into a new Diabetic Education Page on InovaNet

5. Educated 50 patients about Survival Safety Skills

Improvement Achieved - Outcome

Accomplishments:

- Increased nursing knowledge about diabetes education
- Improved and consistent resources for teaching patients with diabetes in all five Inova Hospitals
- Documented needs for designated nursing time to teach patients with diabetes

Recommendations

- Recommend seeking methods and alternate staffing model (use of navigator or use of dedicated educator) to support patient education
- Coordination with Case Management to increase referrals to outpatient clinic
- Continued development of Diabetes Education Toolkit on InovaNet-Library-Patient Education site

References

- Centers for Disease Control and Prevention (CDC). (2020). National Diabetes Statistics Report 2020 Estimates of Diabetes and Its Burden in the United States. https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf
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- For Complete Reference list: