APRN Led Transition Coaching of Patients Undergoing Lung Surgery

PURPOSE
The purpose of this APRN led transitional care coaching initiative was to reduce the 30-day readmission by 25% after hospitalization for adult patients who underwent lung resection surgery.

BACKGROUND
Preventing avoidable hospital readmissions is a national focus to improve health care quality and safety. Hospital readmissions contribute to increased health care costs and poor patient outcomes. Multicomponent transitional care interventions have demonstrated a positive impact on patient outcomes and reducing hospital readmissions. Nurse-led transitional care interventions and interventions fostering patient self-care management were more effective.

METHODOLOGY
The transitional care coaching quality improvement intervention was initiated in an academic, ambulatory thoracic surgery affiliated with a large, academic, tertiary acute care hospital. Seventeen patients between the ages of 33 and 83 years of age were identified for the intervention. This initiative utilized the Institute for Health Improvement Model for Improvement as a guiding framework for change. The intervention included APRN led coaching with a complementary coaching checklist. The intervention was initiated before elective lung resection surgery and continued for one month after hospital discharge.

RESULTS
The 30-day readmission rate decreased from 23.5% in the pre-intervention group compared to 11.8% in the intervention group (P = 0.463). The cost associated with the 30-day all-cause readmissions was $110,400 in the pre-intervention group compared to $27,600 in the intervention group. There were no significant differences in patient age, sex, comorbidities, or functional status between the pre-intervention and intervention group.

IMPLICATIONS
The APRN led transitional care coaching initiative for patients undergoing lung resection surgery demonstrated a clinically significant reduction in 30-day readmission rate. The findings provide health care providers insight of the impact of patient coaching in an ambulatory surgery setting. This APRN coaching intervention provides a foundation to decrease avoidable readmissions with other complex care surgical populations in other settings.