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Transitional Care Education of Adolescents with Congenital Heart Disease

PURPOSE

The purpose of this scholarly project was to evaluate the confidence of adolescents with CHD ages 14-17 years in knowledge of their specific heart disease, home medications, and when to seek emergency care after participating in education in an acute care setting.

BACKGROUND

Adolescents with CHD are surviving into adulthood where their care is transitioned from pediatric cardiologists to adult cardiologists. The management of their healthcare includes understanding of their heart disease transitioning from caregiver to self-care.

METHODOLOGY

The intervention included an educational session for nurses, patient confidence pre-assessment, transitional education for patients, and patient confidence post assessment.

RESULTS

Pre-intervention N=13 patients, 11 (84.6%) of whom were male. Post-intervention N= 9 patients, 7 (77.8%) of whom were male. The mean \pm standard deviation patient age was 15.8 ± 1.3 years pre-intervention and 16.0 ± 1.1 years post-intervention. Confidence in the statements “I know what medications I take at home” and “I know when I need emergency care” increased significantly after the intervention.

IMPLICATIONS

Implementation of transition of care patient education in the cardiac inpatient unit showed statistically significant improvement in the confidence of adolescents ages 14-17 years with CHD knowledge of their heart disease, medication regimen, and when to seek emergency care. This finding is consistent with the literature that describes a significant improvement in self-management and cardiac knowledge scores after transition of care interventions of adolescents with CHD.