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The Effectiveness of A "Patient Discharge Information" Booklet in Patient Education Program in Saudi Arabia

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Introduction

Discharge instruction is defined as any style of documentation that health care providers give to the patients or guardians, upon discharge from the hospital to home for purposes of facilitating a safe and appropriate continuity of attention.

Educating the patient at discharge from hospital to home has a lot of advantages for patients:

1. It promotes self-care skills,
2. reduces the rate of re-admission,
3. helps patients to identify problems early,
4. increases the chance of side-effect intervention and improving outcomes (Paul, 2008).

Background

Failure to provide discharge information to patients. Study in Saudi Arabia found the following regarding patients' knowledge about etiological factors of hypertension :

1. 31.6% of hypertension patients did not know the complications of high blood pressure,
2. while 42.1% knew that hypertension might lead to some neurological complications,
3. and only 1.6% said that hypertension could lead to renal complications (AlSowielem & Elzaubier, 1998).

Purpose of the Study

The main purpose of this study is to measure the impact of the Patient Discharge Information (PDI) on knowledge, attitudes, and behaviors of inpatients in Saudi Arabia.

Goals of the Study

1. to assess the initial state of the inpatient's knowledge, behavior, and attitude at the point of discharge.
2. to apply Patients Discharge Information (PDI) among inpatients in hospitals in Saudi Arabia.
3. to measure patients' knowledge, behavior, and attitude after applying PDI.
4. to measure the differences in knowledge, behavior, and attitudes among patients who receive the PDI and patients who did not.

Research Hypothesis

If the patient is educated upon discharge regarding her health condition, there will be a consequent improvement in patient's knowledge, behaviors, and attitude which will improve the patient's wellness and awareness.

Research Questions

1. Does a patient who recently gave birth have information and resources about personal health information regarding her health conditions which include diagnosis, medication instructions, average expected symptoms, dangerous symptoms and what to do, as well as lifestyle changes?
2. To what extent do patient discharge information (PDI) make a difference in participants' knowledge, behavior, and attitude postpartum?

Research Design

- This research involves an experimental pretest-posttest design with both an experimental and a control group.
- one dependent variable: PDI.
- Three Independent variables: patient's knowledge, attitude, and behaviors.
- A 17-item questionnaire was used both at pre- and post- test

Samples

- Women who had under gone caesarean section (C-section) deliveries.
- All participants fully conscious, between the ages of 18 to 50, and whose native language is Arabic.
- All participants selected from the local hospitals in Saudi Arabia:
 - Maternity and Children Hospital in Dammam City, Saudi Arabia
 - Qatif central Hospital in Qatif City, Saudi Arabia

Data Analysis

- Two sample t- test on the different scores between pretest and posttest.
- Repeated measures/split-plot analysis of variance.

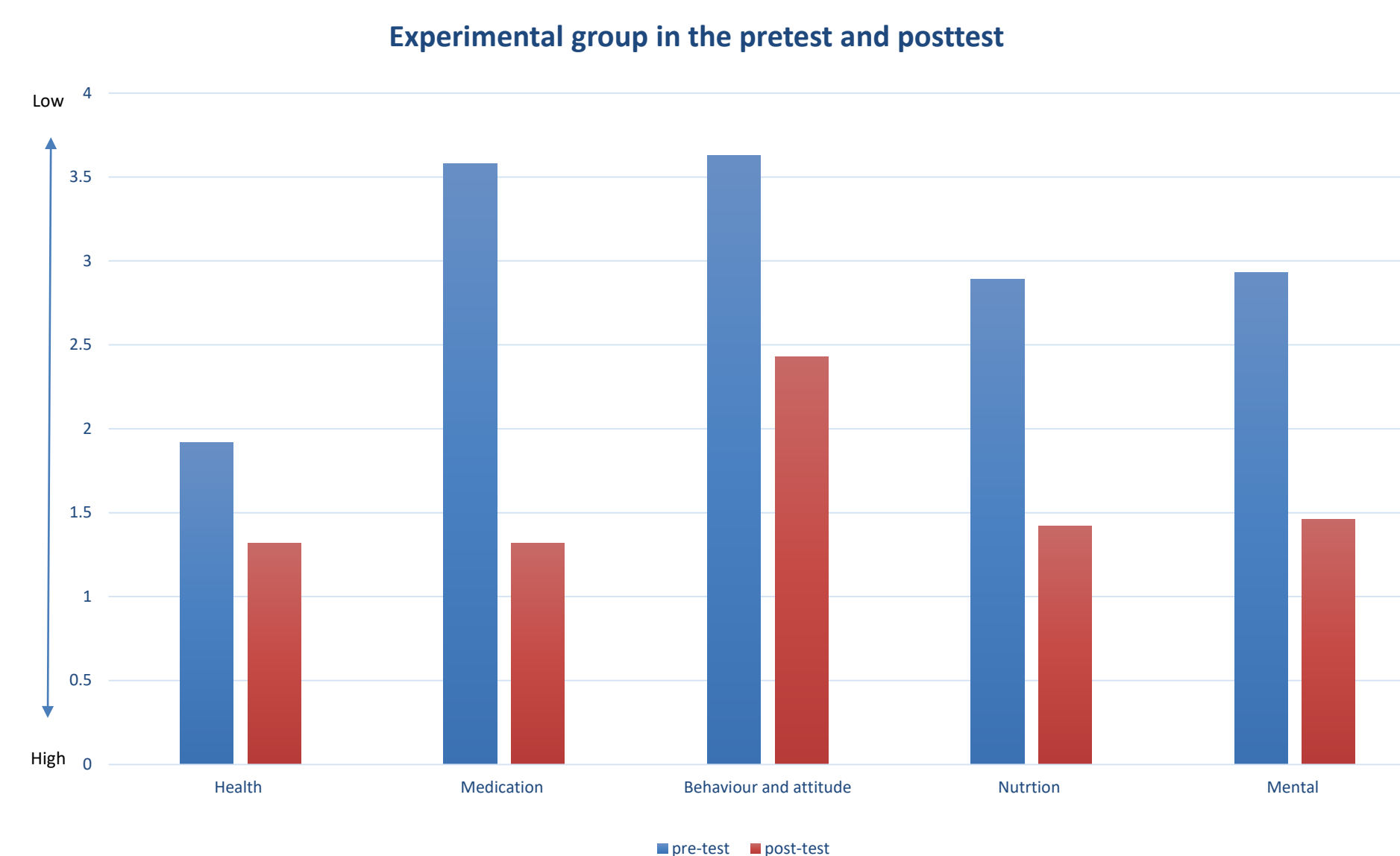


Figure 1. Level of awareness among experimental group.

Results

- There were 51 participants who completed the research instruments; 28 in the experimental group and 23 in the control group.
- Most of the patients were discharged from the hospital without any instructions regarding their health condition. All this information is required for personal wellness and for patients to avoid any medical errors and avoiding overcrowding in the emergency room.
- The results of this study showed that the PDI increased experimental participants' knowledge, attitude, and behaviors. Also, the results showed that decreased from pretest to post-test in the control group in their knowledge, attitude, and behaviors regarding the current health condition, medical procedure, treatment, signs and symptoms awareness, lifestyle, diet, and psychological health.

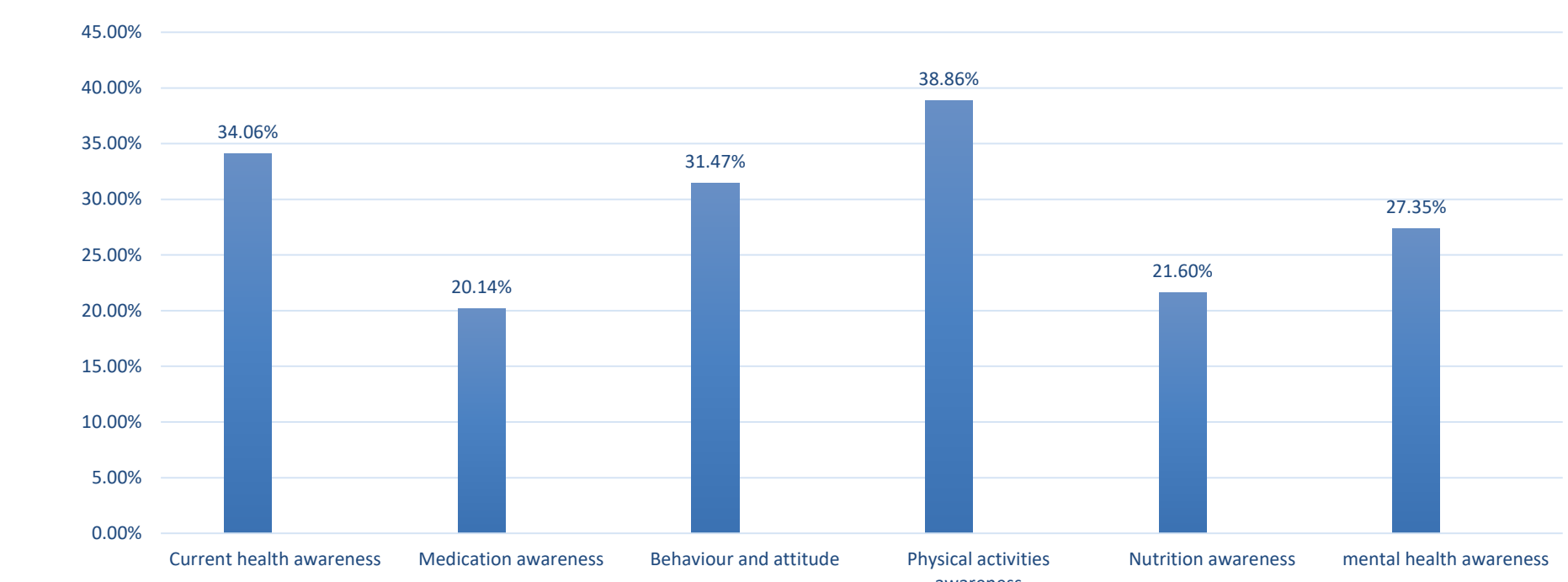


Figure 2. Rate of high awareness among participants.

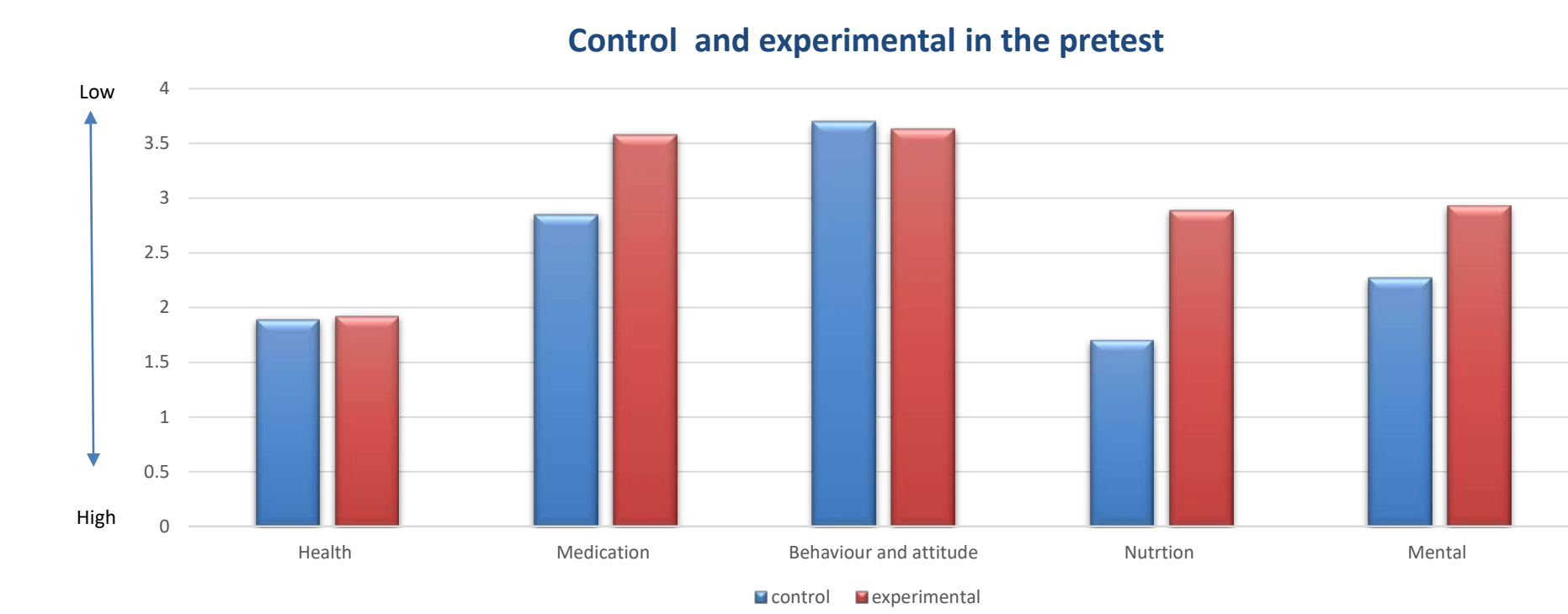


Figure 3. Participants' level of awareness in the pretest

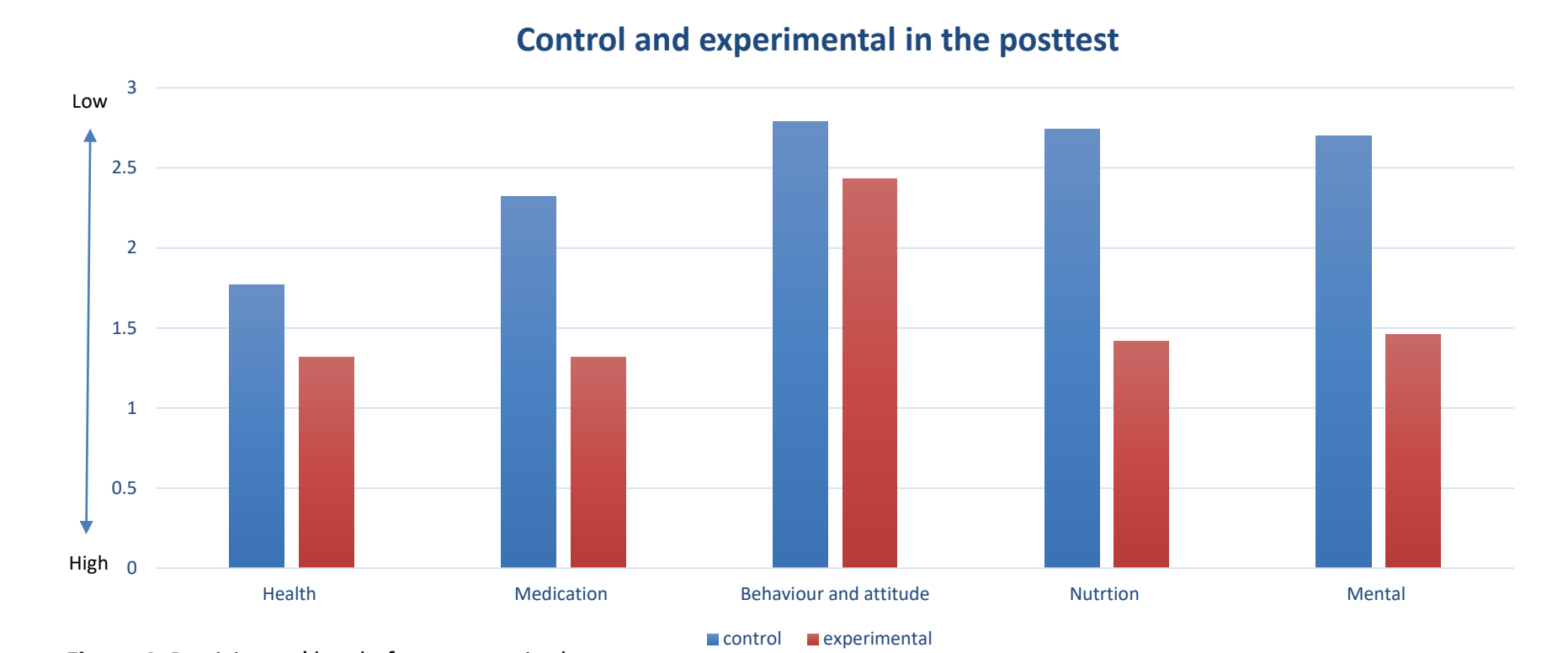


Figure 4. Participants' level of awareness in the posttest

Recommendations

1. Hospitals in Saudi Arabia should give PDI to improve healthcare services and quality and to avoid any medical errors that may occur after patients are discharged from the hospital.
2. Improve information resources to the patients for increase the awareness.
3. More researches to measure patient's knowledge, behavior, and attitude.

Implications for future Research

- Measure the source of patient's resources and information.
- Some behaviors and knowledge need a specific time to be measured.
- Measure the rate of emergency visits and medical error.

Conclusions

Patient discharge information (PDI) acted as an indent intervention in this research study. All participants in the experimental group received PDI upon discharge form hospital. The PDI contained essential information to improve patients' knowledge, behavior, and attitude after discharge from hospital. The results showed that the PDI in the experimental group improved participants' knowledge in diagnosis, medical procedure, treatment, self-care management, signs and symptoms awareness, medication, lifestyle, nutrition, and mental health. Also, the results show reduced knowledge in the control group especially in the medical procedure, treatment, signs and symptoms awareness, lifestyle, nutrition, and mental health (See Figures 1, 2, 3, 4 ,5, 6).

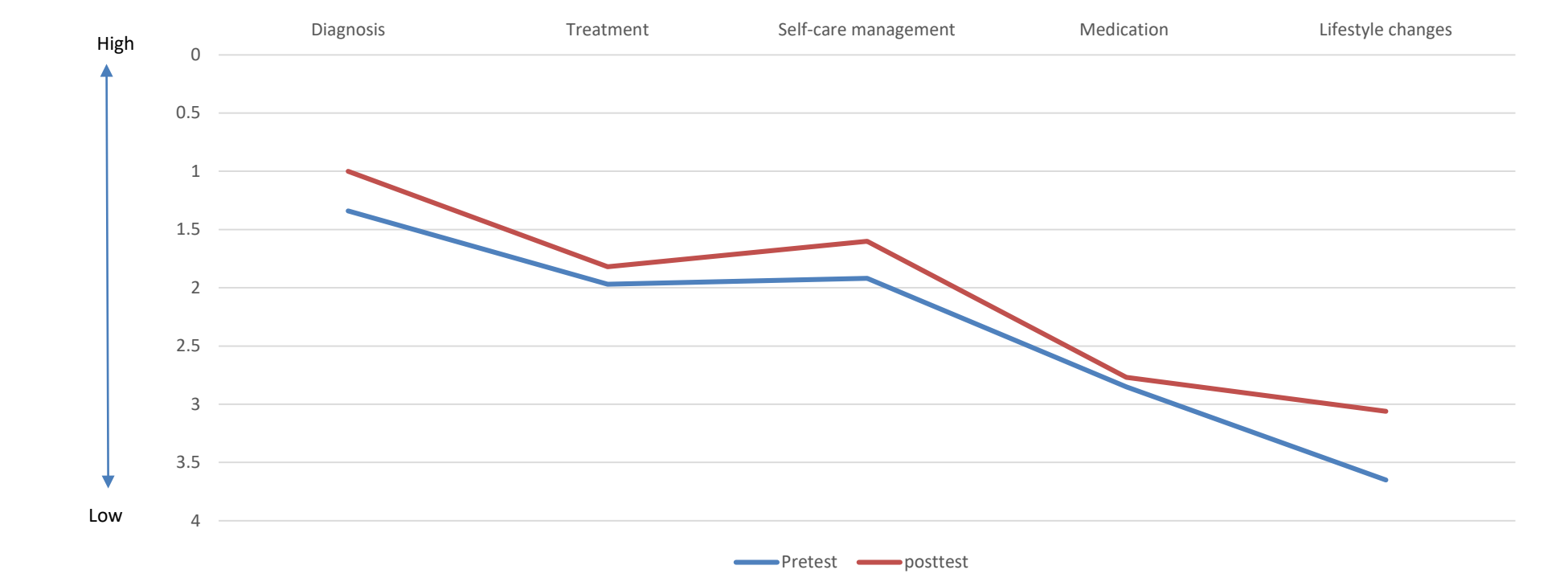


Figure 5. Compare the rate of knowledge among control group

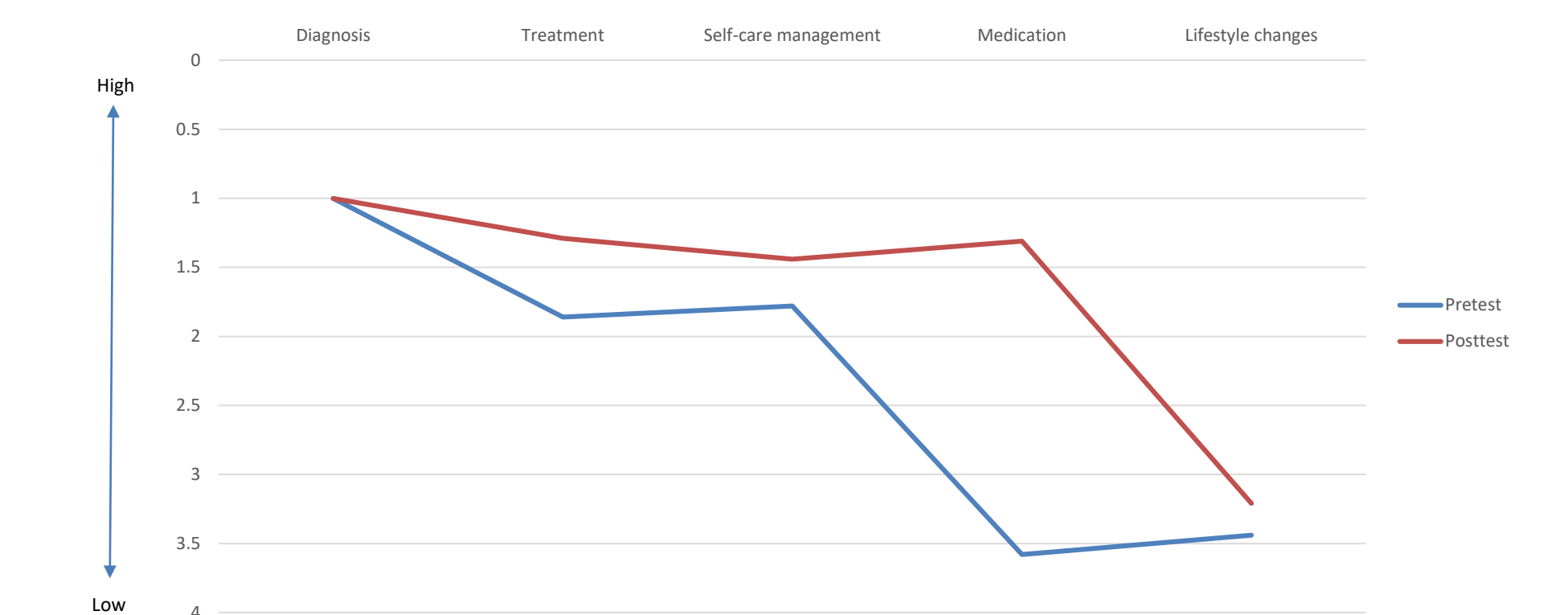


Figure 6. Compare the average of knowledge among experimental group

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