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

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The Effectiveness of a “Patient Discharge Information” (PDI) Booklet in Patient Education Programs 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. It reduces the rate of re-admission,
3. It helps patients to identify problems early,
4. It 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 5% said that hypertension could lead to renal complications (AlSooeilem & Elaubier, 1998).

Goals of the Study
1. To assess the initial state of the inpatient's knowledge, behavior, and attitude postpartum?
2. To measure the differences in knowledge, behavior, and attitudes among participants’ knowledge, behavior, and attitude postpartum?

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 undergone 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.
- 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.

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 overlooking in 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 posttest 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.

Data Table
<table>
<thead>
<tr>
<th>Category</th>
<th>Pretest</th>
<th>Posttest</th>
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<tbody>
<tr>
<td>Discharge instruction</td>
<td></td>
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<tr>
<td>Patient’s knowledge</td>
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<td>Patient’s attitude</td>
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<tr>
<td>Patient's behavior</td>
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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 indetent 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).

References

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Image 1

Figure 1. Rate of high awareness among participants.

Figure 2. Participants’ level of awareness in both experimental and control group.

Figure 3. Participants’ level of awareness in the posttest.

Figure 4. Participants’ level of awareness in the pretest.

Figure 5. Control and experimental in the posttest.

Figure 6. Control and experimental in the posttest.

Figure 7. Compare the rate of knowledge among experimental group.

Figure 8. Compare the average of knowledge among pretest.

Figure 9. Compare the rate of knowledge among control group.

Figure 10. Compare the rate of knowledge among experimental group.

Figure 11. Compare the average of knowledge among control group.

Figure 12. Compare the rate of knowledge among experimental group.