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. 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 5% said that hypertension could lead to renal complications (AlSiovelem & Elaubie, 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 inpatients’ knowledge, behavior, and attitude at the point of discharge
2. to apply Patients Discharge Information (PDI) among inpatients 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 inpatients in Saudi Arabia.

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 maintenance regarding his/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?

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 medical procedure, treatment, signs and symptoms awareness, lifestyle, diet, and psychological health.

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

Implications for future Research
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.

References

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