

Application research of discharge preparation intervention plan based on goal management theory in chronic disease patients

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Objective: Constructing a chronic disease patient discharge preparation intervention plan based on goal management theory, aiming to improve the quality of life of patients after discharge.

Methods: An intervention plan for preparing chronic disease patients for discharge was constructed using goal management theory and previous research. 82 chronic disease patients admitted from June to December 2023 were randomly divided into a control group and an intervention group, with 41 patients each. The control group received routine care, while the intervention group followed the new discharge preparation plan. The study compared discharge preparation, self-management ability, quality of discharge guidance, and unplanned readmissions within 30 days between the two groups..

Results: Before the intervention, the two groups were comparable in age, education level, and marital status ($P>0.05$). After the intervention, the intervention group had significantly higher scores in discharge readiness, guidance quality, and self-management abilities ($P<0.05$). The unplanned readmission rate was significantly lower in the intervention group (7.32%) compared to the control group (29.27%) ($P<0.05$).

Conclusion: A discharge preparation intervention plan based on goal management theory can effectively improve the discharge preparation, self-management ability, and discharge guidance quality of chronic disease patients, and reduce the unplanned readmission rate.

Biography

Mr. He Ping is a dedicated professional at the First Affiliated Hospital of Chongqing Medical and Pharmaceutical College in Chongqing, China. Mr. He is committed to providing high-quality patient care and advancing medical practice. He's dedication to the medical profession and his contributions to both clinical practice and research make him a respected figure among his peers and within the community.

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Abstract received : April 21, 2024 | Abstract accepted : April 23, 2024 | Abstract published : 08-08-2024